

Dear Parent or Guardian,

We want to inform you that someone in our childcare center/school has hand, foot, and mouth disease (HFMD). HFMD is a contagious childhood illness that is common and generally mild.

*If your child becomes ill, please notify the school, and keep your child at home until they have been fever-free for 24 hours without the use of fever-reducing medications and feel well enough to participate in normal activities.*

To help prevent the spread of HFMD we urge you and your child to follow these steps:

- Watch for HFMD symptoms: fever, poor appetite, feeling unwell, and sore throat. About two days after the first signs of sickness, they might get painful red sores in their mouth and a rash of red spots that look like blisters on hands and feet.
- Stay home when sick.
- Keep children from school and childcare during the first few days of illness.
- When in public, cover any unhealed blisters or sores.
- Wash hands frequently and thoroughly with soap and water.
- Clean and disinfect all toys and surfaces frequently, especially when your child is ill.
- Avoid sharing drinks, water bottles, eating utensils, and cell phones.

If you have any questions about HFMD, please talk to your healthcare provider or contact the Spokane Regional Health District's Disease Prevention and Response division at 509.324.1442.

Sincerely,