



Date

HAND-FOOT-AND-MOUTH DISEASE EXPOSURE NOTICE

Dear Parents/Guardians:

Your child may have been exposed to the communicable disease or condition detailed below. The information provided does not replace talking with your health care provider if your child is ill. *If your child has symptoms, please seek diagnosis and treatment from your health care provider as soon as possible.*

HAND-FOOT- AND- MOUTH DISEASE: A common viral illness that usually affects infants and children younger than 5 years old (though it can sometimes occur in adults).

What are the symptoms? Fever, blister-like sores in the mouth (herpangina), and skin rash. The rash has flat or raised red spots, sometimes with blisters. It usually occurs on the palms of the hands and soles of the feet; it may also appear on the knees, elbows, buttocks or genital area.

How is it spread? The disease is spread through direct contact with saliva, mucus, or snot of infected people, or through indirect contact through contaminated objects and surfaces.

When do symptoms start? Symptoms usually begin 3 to 6 days after being exposed to the virus.

Should I keep my child at home and away from group settings (i.e. preschool, childcare)? YES, until no fever and child meets preschool/school's readmission criteria.

Any questions concerning this exposure can be directed to your child's preschool/school office at (650) 562-7611.

For additional information about this or any communicable disease, visit

<http://www.cdph.ca.gov/HealthInfo/discond/Documents/HFMD.pdf> or <http://www.cdc.gov/hand-foot-mouth/>.

Remember, washing your hands before preparing or eating food and after using the bathroom or changing diapers prevents the spread of disease.