

Cumberland School District

Dear Parent:

A case of Hand, Foot and Mouth Disease has developed in your child's grade. Symptoms occur in stages and include:

- *painful sores in the mouth, usually starting as flat, red spots
- *small water blisters or flat, red spots located on the palms, soles, and between the fingers and toes
- *fever
- *decreased appetite
- *sore throat

This disease is quite contagious, and the spread of infection is very difficult to prevent. However, the disease is generally harmless. Avoid spicy, salty, or citrus foods. Offer soft foods that are easy to chew, plenty of fluids, and cold food/fluids. Medications such as Tylenol and Ibuprofen may help with pain and fever. Dehydration from refusal of fluids is the most common complication. Children generally recover completely in 7-10 days with symptoms resolving in stages. Frequent handwashing is important to reduce the spread.

Children may return to school when they are fever free and eating and drinking normally.

Mrs. Kristin Olson, RN
School Nurse