

# SHILOH COMMUNITY UNIT SCHOOL DISTRICT #1

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10-19-2022

Dear Parent/Guardian-

This letter is to notify you that Shiloh is experiencing Hand, Foot, and Mouth Disease (HFMD). At this time, the illness is specific to our preschool students. HFMD is a contagious illness that is caused by different viruses. It is common in infants and children; however, older children and adults can also catch it.

**People may experience symptoms such as:** pain while swallowing, dehydration, fatigue, fever, loss of appetite, or malaise. **(Skin):** blister, peeling, rashes, or red spots. **(Also common):** canker sore, coughing, headache, irritability, or sore throat.

Most people get this contagious disease through physical contact with someone who has it. Close contact such as coughing, sneezing, and hugging can spread the illness. HFMD can also be spread by touching objects that are contaminated with the virus.

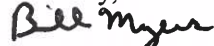
The key to preventing HFMD is to practice good personal hygiene and maintain a clean environment. Once the infection occurs, prompt attention will keep it under control and prevent it from spreading.

Even if only one family member has HFMD, everyone in the household should follow the same sanitary regimen. We should all wash regularly with soap and water.

As we take the health of our staff and students very seriously, our custodial staff has and will continue to take extra precautions when it comes to cleaning our desks, door knobs, lockers, drinking fountains, bathrooms and overall building.

If you have any further questions or concerns, you can contact our school nurse, Kara Bosch, RN at (217)531-1850 Ext. 1019.

Sincerely,



Bill Myers, Superintendent, Shiloh CUSD #1

visit <http://www.cdc.gov> for further information.

**Our purpose is to be the very best version of ourselves, every day.**