



Willingboro Public Schools

Where Excellence is the Expectation

MRS. MELISSA CUMMINGS, PRINCIPAL
GARFIELD EAST ECDC

150 EVERGREEN BOULEVARD
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TELEPHONE: (609) 835-8990 EXT: 5501, FAX (609) 871-2039

September 15, 2022

Dear Garfield East ECDC Parents/Guardians:

We were recently informed that one of our **students** was diagnosed with Hand, Foot and Mouth Disease. Hand, Foot and Mouth Disease is a mild rash illness that occurs most commonly in children.

The following information will help you understand this disease.

- Hand, foot and mouth disease can occur throughout the year, but is most common from the spring to fall.
- It is spread from an infected person to others through close contact, coughing, sneezing, contact with feces (which happens during diaper changing), contact with blister fluid and touching surfaces that have the virus on them.

There is no treatment for hand, foot and mouth disease. However, you can reduce the risk of getting infected by following a few simple steps:

- Wash your hands often with soap and water for 20 seconds, especially after changing diapers.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact (kissing, hugging, sharing cups and eating utensils) with people who are infected.
- Disinfect frequently touched surfaces, (toys, doorknobs, etc.), especially if someone is sick.

If you have any questions or would like additional information, please contact your family doctor or the Burlington County Health Department at (609) 265-5548. Please see the fact sheet below.

Sincerely,

Melissa Cummings

Mrs. Melissa Cummings
Principal



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"HAND, FOOT AND MOUTH DISEASE" **FACT SHEET**

REPORTING INFORMATION

Hand, foot and mouth disease is not a reportable disease. Information is included to assist in differentiating hand, foot and mouth disease from other reportable rash illnesses, such as measles.

Hand, foot and mouth disease is a contagious viral illness. It commonly affects infants and young children. Older children and adults can also get it. In the United States and other countries with changing seasons, it is more common for people to get hand foot and mouth disease from spring to fall. There is no vaccine to prevent the disease. However, you can take simple steps to reduce your risk.

SYMPTOMS

Symptoms usually begin with a fever, reduced appetite, sore throat, and a feeling of being unwell. A day or two after the fever starts; painful sores can develop in the mouth. A skin rash with flat red spots may also develop on the hands and soles of the feet. This can sometimes occur on the knees, elbows, and buttocks as well. This rash may blister but usually won't itch.

Not everyone will get all of these symptoms. Some people may only have a rash; some may only have mouth sores. Other people may show no symptoms at all, but they can still pass the virus to others.

MODE OF TRANSMISSION

The viruses can be spread from an infected person to others through:

- Close contact, such as kissing, hugging, or sharing cups and eating utensils
- Coughing and sneezing
- Contact with feces, which can happen during diaper changing
- Contact with blister fluid
- Touching objects or surfaces that have the virus on them

People with hand, foot and mouth disease are most contagious during the first week of their illness. However they can sometimes be contagious for weeks after symptoms go away. Some people, especially adults, who get infected with the viruses that cause the disease may not develop any symptoms, but can still spread the virus to others.

TREATMENT

There is no specific treatment for hand, foot and mouth disease. Fever and pain can be managed with over-the-counter fever reducers/pain relievers, such as acetaminophen or ibuprofen. It is important to drink enough fluids to prevent dehydration (loss of body fluids).

PREVENTION AND CONTROL

There is no vaccine to protect against hand, foot and mouth disease. However, you can reduce the risk of getting infected with the viruses that cause it by following a few simple steps:

- Wash your hands often with soap and water for 20 seconds, especially after changing diapers. •



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- Avoid close contact (kissing, hugging, sharing cups and eating utensils) with people who are infected. •

Disinfect frequently touched surfaces (toys, doorknobs, etc.), especially if someone is sick.

If you have any questions or need further information, please call the Burlington County Health Department at (609) 265-5548. You can also visit www.cdc.gov/hand-foot-mouth/about/index.html.