

Dear Parents,

Some students in your child's class have been diagnosed with hand, foot and mouth disease. This condition is caused by a virus called coxsackievirus. The condition is generally very mild and many people with it have no symptoms. It is usually diagnosed by the observation of tiny blisters in the mouth as well as on the fingers, palms, and soles of the feet. These may last up to a week. The virus is spread through the oral fecal route as well as the respiratory route to a lesser degree. Because the symptoms of the virus are mild and many people with it have no symptoms, school exclusion is not warranted according to the American Academy of Pediatrics.

The best way to control the spread of the virus is by good and frequent hand washing and respiratory etiquette – cover mouth and nose when coughing or sneezing and washing hands afterwards.

You may contact the school nurse or your personal physician if you have any questions.

Sincerely,