

September 10, 2025

Dear Parents/Guardians,

A viral infection, commonly known as Hand, Foot and Mouth Disease, has been identified on three of our campuses. As a virus, it is usually a self-limiting disease process that does not require antibiotics, only supportive care. Symptoms might include fever or generalized malaise, and the hallmark blisters or sores on the palms of the hands, the soles of the feet, and the mucous membranes inside the mouth. Newborn babies and children with severe immune deficiency can be at greater risk of more involved infection.

The syndrome is caused by a virus known as Enterovirus. This virus is very common in school aged children, particularly in late summer/early fall. The virus is spread by the fecal-oral and respiratory routes in this age group. Good hand hygiene and frequent hand-washing especially after bathroom use is the best way to prevent spread of this infection. The incubation period is 3-6 days.

If you notice that your child is developing any of the above symptoms, please do not send them to school, until they have been evaluated and cleared to return by your healthcare provider. If you have questions or concerns, you may contact your child's school nurse.

Thank you for your cooperation.

Sincerely,

Dr. R. Harwell, DNP, RN, PEL-CSN



District Health Coordinator

Prairie Hills Elementary School District #144