

CCSU Hand, Foot, Mouth, and Mouth Disease Protocol

Hand, Foot, and Mouth disease is a set of symptoms associated with viral infection. These symptoms are most often seen in the summer and fall.

Signs and Symptoms

- Common cold symptoms such as: fever, sore throat, runny nose, and cough.
- Tiny blisters in the mouth, on fingers, palms of hands, and the soles of the feet that last a little over a week. (*individuals may have one or more of these body sites involved)
- Possible neurologic symptoms

Incubation and Contagious Periods

- Incubation: 3-6 days
- Contagious Period: virus is shed for weeks or months in the stool after the infection starts. Respiratory shedding is usually 1-3 weeks

Spread of Illness

- Spread via respiratory droplets (from when a child talks, coughs, or sneezes). Droplets can land on or be picked up from a surface and rubbed into the eyes, nose, or mouth.
- Contact with respiratory secretions from objects contaminated by children that carry this virus.
- Fecal-Oral route

Control of Virus

- Prevent contact with respiratory droplets
- Teach students (and staff) to cover their noses and mouths when sneezing or coughing with a tissue, or arm.
- Teach hand hygiene
- Wipe/clean frequently touched surfaces regularly

When to Stay Home

- Remain home if unable to participate in all school activities
- Remain home for fever and until fever has been resolved for 24 hours without the use of fever reducing medications.
- We recommend that students with oozing blisters remain home until all blisters have dried up.
- Students that are unable to control their secretions should remain home until feeling better and the majority of spots have resolved

When to return

- May return to school when the child feels well enough to fully participate in school activities
- Child has been fever free for 24 hours without fever reducing medications.

Date Warned: 12/05/2023 - CCSU

Date Adopted: 12/18/2023 -Adopted by the Caledonia Central Supervisory Union Board on behalf of the District Boards: Caledonia Cooperative School District, Cabot School District, Danville School District, Peacham School District, Twinfield Union School District