

Parent Notice: Hand, Foot, and Mouth Disease Monitoring

Dear Parents and Guardians,

There has been a recent case/cases of Hand, Foot, and Mouth Disease (HFMD) reported within the Elementary School. Please monitor your child closely for any signs or symptoms over the next several days.

About the illness: Hand, Foot, and Mouth Disease is a common childhood illness caused by viruses such as Coxsackievirus and Enterovirus. It is sometimes mistakenly called “parvo,” but it is not the same as Parvovirus (Fifth Disease).

Watch for the following symptoms:

- Fever (often the first sign)
- Sore throat
- Loss of appetite
- Mouth sores (small painful spots or blisters inside the mouth, on the tongue, gums, or inner cheeks)
- Rash on hands, feet, or sometimes buttocks (may appear as red spots or small blisters)
- Tiredness or irritability

What to do if symptoms appear:

- Keep your child home from school until fever-free for 24 hours and mouth sores or blisters are healing. Please make sure the blisters are scabbed over and not open for exposure to other students.
- Encourage frequent handwashing and avoid sharing cups, utensils, or towels.
- Contact your child’s healthcare provider if you are unsure or if symptoms worsen.

Prevention tips:

- Wash hands often with soap and water.
- Clean and disinfect commonly touched surfaces and toys.
- Remind children not to share food or drinks.

Thank you for helping keep our school community healthy!

Sincerely,

Kelli Paine – School Nurse

Oakesdale School District

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