



Hillcrest Middle School

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Nadine Tambellini, Principal Craig Rietchel, Acting Vice Principal

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We have a confirmed case of Hand Foot and Mouth Disease at Central. We feel it is very important that you know due to the implications for pregnant women and people with lowered immune systems. Please read the information below. If you believe your child has foot and mouth disease, you must see a doctor. If you would like further information contact the Fraser Health Unit at 604-777-8700 with your concerns.

Thank you,

**Nadine Tambellini
Principal
Hillcrest Middle School**

From the BC Health Guide

- Hand-foot-and-mouth disease is a common childhood illness. It starts with a fever and then causes sores in the mouth and on the hands and feet. It usually goes away by itself in a week or so.
- You can treat symptoms at home by giving your child pain relievers and plenty of fluids.
- Wash your hands often when you care for a child with this illness. It spreads easily through coughing and sneezing. You can also get it from changing your child's diaper. If your child goes to daycare or school, talk to the staff about when your child can return. What is hand-foot-and-mouth disease? Hand-foot-and-mouth disease is a common childhood illness. It causes sores in the mouth and on the hands, feet, and sometimes the buttocks and legs. Mouth sores can be painful and may make it hard for your child to eat. The disease is not serious, and it usually goes away in a week or so. It can occur at any time of year, but hand-foot-and-mouth disease is most common in the summer and fall.

What causes hand-foot-and-mouth disease? Hand-foot-and-mouth disease is caused by a virus called an [enterovirus](#). The virus spreads easily through coughing and sneezing. You can also get it by coming in contact with infected stool, such as when you change a diaper. Often the disease breaks out within a community. Children are most likely to spread the disease during the first week of the illness. But the virus stays in the stool and can sometimes spread to others for several months after the blisters and sores have healed. It usually takes 3 to 6 days for a person to get symptoms of hand-foot-and-mouth disease after being exposed to the virus. This is called the incubation period.

What are the symptoms? At first your child may feel tired, get a sore throat, or have a fever of around 38 C (101 F) to 39 C (103 F). Then in a day or two, your child may get sores or blisters on the hands, feet, mouth, and sometimes the buttocks. In some cases a child will get a skin rash before the blisters appear. The blisters may break open and crust over. The sores and blisters usually go away in a week or so.

How is hand-foot-and-mouth disease diagnosed? A doctor can tell if your child has hand-foot-and-mouth disease by the symptoms you describe and by looking at the sores and blisters.

How is it treated? Hand-foot-and-mouth disease does not usually need treatment. Most cases go away in 7 to 10 days. You can use home care to help relieve your child's symptoms. Offer your child plenty of cool fluids. Your child may also have Popsicles and ice cream. Do not give your child acidic or spicy foods and drinks, such as salsa or orange juice. These foods can make mouth sores more painful. For pain and fever, give your child acetaminophen (such as Tylenol) or ibuprofen (such as Advil). Do not give your child ASA. It has been linked to [Reye syndrome](#), a serious illness.

To help prevent the disease from spreading: Teach all family members to wash their hands often. It is especially important to wash your hands after you change the diaper of an infected child. This is because the virus may stay in the stool for several months after the blisters heal. Do not let your child share toys or give kisses while he or she is infected. Wear latex or rubber gloves when you apply any lotion, cream, or ointment to your child's blisters.