



August 14, 2023

## Notice of Possible Exposure to Contagious Condition

Dear ECEC Family,

A student at the Early Childhood Education Center has a confirmed case of Hand-Foot-and-Mouth Disease. We want to inform you about this condition and the related exclusion and return-to-care practices at our facility. Without violating the confidentiality of this child, the facts you need to know about your child's possible exposure in this situation are below.

**What is hand-foot-and-mouth disease?** It is a common viral infection that causes outbreak of the disease in the summer and fall. Despite its scary name, this illness generally is mild.

### What are the signs or symptoms?

- Tiny blisters in the mouth and on the fingers, palms or hands, buttocks and the soles of the feet that last a little longer than a week (one, few or all of these may be present).
- May see common cold signs or symptoms with fever, sore throat, runny nose and cough. The most troublesome findings often are the blisters in the mouth, which can make it difficult for the child to eat or drink. Other signs or symptoms, such as vomiting and diarrhea, may occur, but are less frequently troublesome.

**How is it spread?** Respiratory (i.e. coughing, sneezing, drooling); direct contact; and/or a fecal-oral route.

### How do you control it?

- Teach children and caregivers/teachers to cover their mouths and noses when sneezing or coughing with a disposable facial tissue, if possible, or with a shoulder/elbow if no facial tissue is available.
- Teach everyone to wash hands right after using facial tissues or having contact with mucus and to change or cover contaminated clothing to prevent the spread of disease by contaminated hands.
- Dispose of facial tissues that contain nasal secretions after each use.
- Practice good hand washing, especially after diaper changing.

Should your child present any of these symptoms, we recommend you consult your family healthcare provider. Any student presenting these signs and symptoms will be excluded from school. Students must have a note from a healthcare provider stating they are under treatment and cleared to return to school. **Please provide a doctor's note of clearance to return to school.**

**If you have any questions, please contact the ECEC Health Office at 480-362-2254/2210 or the Health and Nutrition Coordinator at 480-362-2206.**

Respectfully,

**Tami Brungard**  
Early Childhood Education Leader



Information adapted from *Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide*. American Academy of Pediatrics.