



9/28/2018

Dear Parents/Guardians:

Recently, in the news headlines, we have seen that the Coxsackie Virus (hand, foot & mouth disease) has been seen in upstate communities. Our school district has had several cases reported as well. Since it is a contagious disease it is important for you to know the symptoms of this illness as well as when to keep your child home.

Hand, foot, and mouth disease (Coxsackie virus) is a common viral illness that usually affects infants and children younger than 5 years old. However, it can sometimes occur in older children and adults. It usually starts with:

- A fever
- Reduced appetite
- Sore throat
- A feeling of being unwell (malaise)

One or two days after the fever starts, painful sores can develop in the mouth. They usually begin as small red spots, often in the back of the mouth, that blister and can become painful.

A skin rash on the palms of the hands and soles of the feet may also develop over one or two days as flat, red spots, sometimes with blisters. It may also appear on the knees, elbows, buttocks or genital area.

Since your child is considered contagious while they have a fever and/or have a rash, please do not send your child to school. A child must be fever free for 24 hours (without having taken medication to reduce the fever) and the rash must be gone before returning to school.

You can help your child prevent illness by teaching them how important hand washing is. They should wash their hands when dirty, before they eat and after going to the bathroom.

A good source of more information about this illness can be found at: <https://www.cdc.gov/hand-foot-mouth/about/index.html>

If you have any questions about this illness please contact your child's school nurse.

Mrs. Hebb, BSN, RN, NCSN Catskill High School 518-943-2300 ext. 2111	Mrs. Weber, RN Catskill Middle School 518-943-5665 ext. 2109	Mrs. Brand, RN Catskill Elementary School 518-943-0574 ext. 3189	Mrs. Ashley, RN Catskill Elementary School 518-943-0574 ext. 3432
---	--	---	--

Sincerely,

Mrs. Holly Hebb  
School Nurse