HAND, FOOT AND MOUTH SYNDROME

What causes Hand, Foot and Mouth Syndrome?
Hand, Foot and Mouth Syndrome (HFM) is primarily a common childhood illness. However, adults can get it too. Persons may develop the disease when they make direct contact with the saliva, blister fluid or stool of an infected person. Persons with Hand, Foot and Mouth Syndrome are most contagious during the first week of the illness, but transmission can persist for weeks after symptoms resolve.

What are the symptoms?
- Sick
- Sore throat
- Fever
- Poor appetite
- Sores in mouth
- Skin rash

School Attendance
Children may be excluded from school for the first few days of the illness or longer if they have blisters in the mouth and they drool, or if they have leaking blisters on their hands.

Information concerning Hand, Food and Mouth Syndrome and other health issues may be found by visiting the Centers for Disease Control web site: http://www.cdc.gov/

For additional guidance regarding Cumberland County Schools’ Best Practices contact the Office of Health Services at 910.678.2406 or your child’s school health nurse.