

Bud Rank has had a few cases of “Hand Foot and Mouth Disease” in the past week so please keep an eye out for it with your child? See below information:

The Coxsackie Virus, also known as "Hand, Foot and Mouth Disease". This virus is very common and highly contagious. It commonly occurs in children under 10 years of age. The incubation period is 3 to 5 days and the illness may last as long as a week.

A child may have fever, sore throat, a rash or blisters that can be described as follows.

1. The rash will appear whitish with open blisters in the mouth which can be in the back of the throat, inside the cheeks and along the sides of the tongue. These blisters may rupture and cause ulcers in the mouth.
2. The blisters are generally present on the palms of the hands and the soles of the feet.
3. Sometimes a rash will develop on the arms, legs or buttocks.

Since this illness is spread so easily by coughing, sneezing, talking, drooling, etc., children who have this virus should stay home from school until they are free of fever and open lesions are gone.

Please feel free to contact your physician, school nurse, or the Public Health Department if you have any questions about this.

For more information on HFMD visit the CDC website:

<http://www.cdc.gov/hand-foot-mouth/>