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OFFICIAL COMMUNICATIONS

St. Clair County Health Department

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TO: St. Clair County Schools and Daycares

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HAND, FOOT, AND MOUTH DISEASE INFORMATION FOR SCHOOLS AND DAYCARES:

St. Clair County Health Department would like to notify schools and daycares that locally, regionally, and across the state there has been an increase in Hand, Foot, and Mouth Disease (HFMD) reported. This viral illness is common in young children and although not usually serious, it is very contagious.

Symptoms include **fever, “feeling sick”, skin rash, mouth sores, malaise, sore throat, and eating or drinking less.**

The skin rash can be seen on the palms of the hands, soles of the feet, buttocks, legs, or arms. The rash can be flat or slightly red raised areas, blisters, or ulcers. It is usually not itchy. The rash can also be seen around the mouth or inside the mouth on the cheeks, gums, or tongue.

HFMD is spread person-to-person by direct contact such as touching fluid from blisters or ulcers, handling stool of an infected person, by droplets when an ill person coughs, sneezes or talks, and contact with contaminated surfaces. Prevention is key to stop the spread as there is no specific treatment or vaccine.

Recommendations:

- Report clusters, outbreaks, or increased cases to St. Clair County Health Department (SCCHD)
- Frequent hand hygiene
 - Wash your hands and children’s hands for at least 20 seconds with soap and water or alcohol-based sanitizer if soap and water are unavailable
- Keep ill children home or send children home if they become ill
- Avoid close contact with ill persons
- Avoid touching your eyes, nose, or mouth
- Avoid sharing drinking cups, eating utensils, brushes, napkins, combs, or towels
- Cleaning and disinfecting frequently touched items, areas, and surfaces
 - First wash items with soap and water, then disinfect them with a solution of chlorine bleach (made by mixing 1 tablespoon of bleach with 4 cups of water) or a cleaning product that contains bleach.
 - Wash soiled clothing

When to keep ill children home:

- When child has a fever
- If rash/blisters have any drainage that cannot be contained
- Child has uncontrolled drooling with mouth sores
- Feels too unwell that they cannot participate in activities
- Child is experiencing diarrhea

Call SCCHD with questions or to report outbreaks and clusters of cases at (810) 987-5300. SCCHD’s Fact Sheet for HFMD can be found here: <https://stclaircounty.org/PageBuilder/scchd/Offices/805>