



Communicable Disease Prevention and Control
150 West Tasman Drive, Suite 1A
San Jose, California 95134
(Tel) 408.885.4214
(Fax) 408.885.4249

EXPOSURE NOTICE: HAND, FOOT, AND MOUTH DISEASE

Date Issued: _____

Dear Parent, Legal Guardian, or Staff,

Students and staff may have been recently exposed to **hand, foot, and mouth disease**. We are providing the information below so you know what steps you can take to protect yourself and others. This information does not replace talking with your doctor if you become sick. ***If you or your child have symptoms, please seek diagnosis and treatment from a healthcare provider as soon as possible.***

HAND, FOOT, AND MOUTH DISEASE (HFMD): A common viral illness that causes sores and skin rash. It usually affects babies and children younger than 5 years old.

What are the symptoms? Fever, sore throat, eating or drinking less, and blister-like sores in the mouth and/or a rash on the hands and feet. Symptoms are usually mild, but blisters in the mouth may be painful and make it difficult to eat and drink.

How is it spread? By breathing in droplets that spread through the air when an infected person talks, coughs, or sneezes. The virus can also be spread through direct contact with an infected person, changing diapers of an infected person, or touching surfaces that have the virus on them.

When do symptoms start? 3 to 5 days after exposure to the virus.

Do staff or children need to stay home if symptoms develop? Yes, if the child or staff member is having symptoms of fever, uncontrolled drooling with mouth sores, and/or does not feel well enough to participate.

When can staff or children go back to work, school, or childcare? The child or staff member can return once they have been fever-free for at least 24 hours without the use of fever-reducing medication and they meet school or childcare's readmission criteria. A child must be able to fully participate in group activities. Children who have difficulty or pain while eating or drinking should not return.

For additional information, visit [cdc.gov/hand-foot-mouth](https://www.cdc.gov/hand-foot-mouth).