

# Hand, Foot, and Mouth Outbreak

We hope this message reaches you in good health. We want to bring your attention to a recent development within our community—a Hand, Foot, and Mouth Disease (HFMD) outbreak. As we prioritize the well-being of our little ones, it's crucial to stay informed and take necessary precautions. Here's what you need to know:

## What is Hand, Foot, and Mouth Disease (HFMD)?

HFMD is a contagious viral infection commonly affecting young children. It spreads through contact with the saliva, mucus, or feces of an infected person. Symptoms may include fever, sore throat, and characteristic red spots or sores on the hands, feet, and mouth.

## Preventive Measures:

- **Hand Hygiene:** Emphasize regular handwashing with soap and water for at least 20 seconds. Teach your children to wash their hands before meals, after using the restroom, and after playing.
- **Avoiding Close Contact:** Encourage children to avoid close contact with those showing symptoms. Remind them not to share cups, utensils, or personal items.
- **Sanitization:** Regularly disinfect commonly touched surfaces and toys. This helps reduce the risk of the virus lingering on surfaces.
- **Health Monitoring:** Keep an eye on your child's health. If they exhibit symptoms like fever, sore throat, or mouth sores, consult with a healthcare professional promptly.
- **Stay Informed:** Stay updated on information provided by healthcare authorities and the school. Awareness is key to preventing the further spread of HFMD.

## Actions Taken:

Rest assured, we are implementing enhanced cleaning protocols within our facility. Surfaces are being disinfected regularly, and we are closely monitoring the health of all children. If your child exhibits symptoms, please keep them at home until they are fully recovered to prevent the spread of the virus.

## Helpful Resources:

If you have any questions or concerns, please reach out to [School/Nature School Contact]. Additionally, resources from health organizations such as the CDC can provide further guidance on HFMD.

Let's work together to keep our community safe and healthy. Thank you for your cooperation and understanding.

Stay well,

Lera Lucas

Director, Manager and ECE

Of Fern Flower – Nature School

## Hand, foot and mouth disease

*A rash with blisters and sores that usually forms on a child's hands, feet and mouth.*

