



Arlington Public Schools

Administrative Dist. No. 3

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May 5, 2016

Re: HEALTH ALERT

Dear Parents:

It has come to our attention that a student in our school has a case of hand, foot and mouth disease. Because this illness is contagious, it becomes important for you to check your children and keep an eye out for any symptoms of the illness.

What is hand, foot and mouth disease? Hand, foot and mouth disease is an infection that causes sores to form in the mouth, and on the hands and feet. The infection most often affects children but adults can get them too.

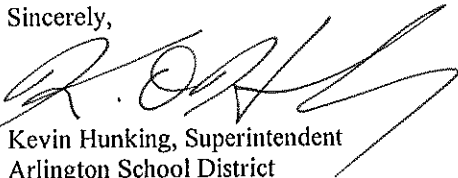
Hand, foot and mouth disease usually goes away on its own within 2 to 3 days. Students should stay home during the first week of the illness. There are treatments that help with its symptoms.

What are the symptoms of hand, foot and mouth disease? The main symptom is sores that form in the mouth and on the hands and feet. They can look like small red spots, bumps or blisters. The sores in the mouth can make swallowing painful. The sores on the hands and feet are not usually painful. It is possible to get the sores only in some areas, not every person gets them on all areas. The infection sometimes causes fever and sore throat.

Can hand, foot and mouth disease be prevented? Yes. The most important thing you can do to prevent the spread of this infection is to wash your hands often with soap and water, even after your child is feeling better.

We hope the information above is helpful, please keep the school informed if your child comes down with this illness so I can effectively and confidentially monitor the situation.

Sincerely,



Kevin Hunking, Superintendent
Arlington School District

Board Members

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