

HAND, FOOT AND MOUTH DISEASE

Hand, Foot and Mouth Disease has been reported in the school.

Symptoms include:

- ◆ Fever
- ◆ Runny nose
- ◆ Sore throat
- ◆ Sores in the mouth
- ◆ Loss of appetite
- ◆ Painless rash or blisters on palms of hands, soles of feet or, occasionally, the buttocks

Hand, foot and mouth disease is contagious. It can be passed to others through contact with the infected person's saliva, mucus, or feces (bowel movement). Children are most contagious during the first week of the illness. However, the virus remains in the feces and can sometimes spread for several weeks after the blisters and sores have healed. There is no blood test or medicine for hand, foot and mouth disease.

Washing hands well with running water and soap after nose blowing or using the toilet will help keep it from spreading.

If your child is not feeling well, it is important to keep him or her home from school until the symptoms have stopped.

For more information contact:

- ◆ Your local Public Health Unit: Oceanside Public Health Services 250-947-8242
- ◆ [HealthLinkBC](#) or dial 8-1-1 (a free call)
- ◆ Your doctor