



Sequatchie Valley Planning & Development Agency  
**Sequatchie Valley Head Start**

170 Smith Lane • P.O. Box 769 • South Pittsburg, TN 37380-0769  
(423) 837-6724 • Fax (423) 837-9369  
www.SequatchieValleyHeadStart.org • SVPDA@aol.com

Dear Parent or Guardian:

\_\_\_\_\_ A child in our center has Hand, Foot and Mouth disease.

\_\_\_\_\_ Your child may have Hand, Foot and Mouth disease.

**Information about Hand, Foot and Mouth disease:**

*What is Hand, Foot and Mouth disease?* Hand, Foot and Mouth disease is a viral disease. The illness begins with moderate fever and causes the development of blisters in the mouth, usually on the tongue and inside the cheeks. The blisters may also be found on the lips, gums, and the roof of the mouth. Small, round, fluid-filled blisters may also form on the palms of the hands, the soles of the feet, and between the toes and fingers. Sometimes a rash forms on the buttocks. The rash or blisters may also appear on other parts of the body such as the arms, legs, or the trunk.

The illness may cause the mouth to be so sore that the child may not eat or drink enough. Due to mouth sores, it is wise to avoid citrus foods, salty foods, or spicy foods. Cold drinks (non-carbonated), popsicles, ice cream or sherbet are usually tolerated well.

*How is it spread?* Hand, Foot and Mouth disease is usually spread through contaminated feces, water, and food; droplets in a cough or a sneeze also spread it. ***Frequent hand washing may reduce the risk of transfer from person to person.***

*When can your child return to school?* Return your child to the center when he or she has been without fever for at least 24 hours.