

REDONDO BEACH UNIFIED SCHOOL DISTRICT

1401 Inglewood Avenue, Redondo Beach, CA 90278

Phone: 310.798.8683 Fax: 310.798.8689

Health Services

Dear Parent,

Your child may have been exposed to Hand, Foot and Mouth Disease during the week of _____ . Since it is contagious, parents are requested to observe their children for symptoms.

Hand, Foot and Mouth Disease is an acute viral disease characterized by sudden onset fever, sore throat and oral lesions on the surface of the cheeks, gums, throat and both sides of the tongue. These symptoms may last 7-10 days. Red spots may be noted on the palms and soles of the feet. The incubation period is usually 3-5 days between exposure to the disease and onset of symptoms.

If your child has any of these symptoms, please:

1. Contact your family physician or clinic for diagnosis.
2. If the condition is diagnosed, please inform your school's health office and provide a written note to the health office from the M.D. confirming the diagnosis.
3. Your child must stay home from school until symptoms are gone and your child has not had a fever, without medication, for 24 hours. This means your child cannot take any medications to reduce their fever for 24 hours before returning to school.
4. Prevent the spread of the disease by not sharing eating utensils. Promote good personal hygiene, such as hand washing after toileting and before eating.

This information is offered to you as a preventative health service. If you have any questions, please contact your school nurse.

Sincerely,

District Nurse

Date

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