

**POMONA UNIFIED SCHOOL DISTRICT
Health Services & Programs**

PARENTS!

Notice of Exposure to Illness

**Hand, Foot, and Mouth Disease
Coxsackievirus**

Date: _____

Symptoms: Infectious viral disease that affects the palms of hands, soles of feet, and inside the mouth with blister-like lesions. Low-grade fever (100-101), sore throat and feeling tired.

**Incubation
Period:** 3 to 5 days.

**How
Transmitted:** Direct contact with nose and throat secretions and stool of infected person.

**Treatment
and
Precautions:** Consult your physician or Health Department.

**Return to
School:** Exclude student from school until lesions are gone and student is fever-free for 24 hrs, without using fever-reducing medications.

**Please call your child's school if your child will be absent due
to above symptoms (or any other illness)**

SECTION 6