



ARBOR PARK MIDDLE SCHOOL

DISTRICT 145 · 17303 CENTRAL AVENUE, OAK FOREST, IL 60452-4920 · (708) 687-5330 · FAX (708) 535-4527

RONALD MURABITO, Principal

DAVID EVANS, Assistant Principal

Dr. ANDREA SALA, Superintendent

BRIAN K. O'KEEFE, Asst. Superintendent of Finance

Dear Parent or Guardian:

We hope that you and your family are surviving the fall without too many viruses. However, we are seeing many children absent from school with viral symptoms. The school has been conducting the necessary sanitary practices to limit the spread of viral illness. However, there is information we believe parents should know regarding this issue.

What is hand-foot-and mouth disease?

This is a viral disease characterized by sudden onset of fever, sore throat and small, grayish sores in the mouth that may also be on the gums and the sides of the tongue. The sores can last from 7 to 10 days and can also occur on the palms of the hands, fingers, soles of the feet and occasionally on the buttocks. The most troublesome findings often are the blisters in the mouth, which make it difficult for the child to eat or drink.

How is it spread?

The virus is spread through coughing and sneezing, through the fluid from blisters on the hands and feet, or through contact with the infected person's stool.

Symptoms

Hand-foot-and-mouth disease is generally mild. The signs and symptoms hand-foot-and-mouth disease include a fever and small but painful sores on the throat, gums, and tongue and inside the cheeks. It also may cause a rash, often with blisters on the hands, soles of the feet, but can be found on other parts of the body, as well as headaches and a poor appetite.

Diagnosis

Your physician will conduct a physical exam that evaluates signs and symptoms which may indicate an enteroviral infection. If the doctor suspects your child has hand-foot-and-mouth disease, your pediatrician will look for the rash associated with this infection as well as sores in the mouth and throat.

How long are children infectious?

Children who are ill with fever and/or open blisters are contagious. Also they may carry the virus in their feces for many weeks after they have recovered and so can continue to pass on infection.

Prevention

Children and adults should adopt good hand-washing habits to reduce the chances of spreading these viruses.

What can parents do?

Please contact your physician's office if your child is experiencing the symptoms listed above for further evaluation. In keeping with the state attendance policies, we thank you for your diligence in calling the school to report that your child will be absent. To help in identifying patterns of illness i.e. fever, flu symptoms, sore throat etc.

Thank you for your cooperation in keeping your school healthy.

