



Upper Township School District

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November 15, 2019

Dear Families,

This letter is to inform you that multiple cases of Hand, Foot and Mouth Disease (HFMD) have been discovered throughout the District. All known areas where infections have been diagnosed are in the process of being thoroughly sanitized and we do not anticipate any prolonged complications from those who have been diagnosed.

HFMD mostly affects infants and children younger than 5 years old; although older children and adults can get it as well. When someone gets HFMD, they develop immunity (protection) to the specific virus that caused their infection. But people can get the disease again because HFMD is caused by several different viruses.

People with HFMD are most contagious during the first week of their illness. However, they may sometimes remain contagious for weeks after symptoms go away. Some people, especially adults, may not develop any symptoms, but they can still spread the viruses to others.

There is no specific treatment for HFMD. Fever and pain can be managed with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen. It is important for people with HFMD to drink enough fluids to prevent loss of body fluids or dehydration. Equally important, you can reduce the risk of getting infected with the viruses that cause HFMD by following a few simple steps:

- Wash your hands often with soap and water for 20 seconds, especially after changing diapers, and help young children do the same.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups and eating utensils with people who have HFMD.
- Disinfect frequently touched surfaces and objects, such as toys and doorknobs, especially if someone is sick.

Should you ever suspect that your child has HFMD, please notify your child's school nurse as soon as possible and she will do her best to assist in the situation. In the interim, ([Click Here](#)) to learn more about the disease.

Yours in good health,

Mr. Palmieri