



October 24, 2022

Dear SRES Family,

There is a confirmed case of Hand-Foot-and-Mouth Disease at Salt River Elementary School. We want to inform you about this condition and the related exclusion and return-to-care practices at our facility. Without violating confidentiality, the facts you need to know about your child's possible exposure in this situation are below.

**What is hand-foot-and-mouth disease?** It's a common viral infection that causes outbreak of the disease in the summer and fall. Despite its scary name, this illness generally is mild.

**What are the signs or symptoms?**

- Tiny blisters in the mouth and on the fingers, palms or hands, buttocks and the soles of the feet that last a little longer than a week (one, few or all of these may be present).
- May see common cold signs or symptoms with fever, sore throat, runny nose and cough. The most troublesome findings often are the blisters in the mouth, which can make it difficult for the child to eat or drink. Other signs or symptoms, such as vomiting and diarrhea, may occur, but are less troublesome.

**How is it spread?** Respiratory route (i.e. coughing, sneezing, drooling); direct contact; and/or fecal-oral route.

**How do you control it?**

- Teach children and caregivers/teachers to cover their mouths and noses when sneezing or coughing with a disposable facial tissue, if possible, or with a shoulder/elbow if no facial tissue is available.
- Teach everyone to wash hands right after using facial tissues or having contact with mucus and to change or cover contaminated clothing to prevent the spread of disease by contaminated hands.
- Dispose of facial tissues that contain nasal secretions after each use.
- Practice good hand washing, especially after diaper changing and using the restroom.

Should your child present any of these symptoms, we recommend you consult your family healthcare provider. Any student presenting these signs and symptoms will be excluded from school. Students must have a note from a healthcare provider stating they are under treatment and cleared to return to school. **Please provide a doctor's note of clearance to return to school.**

**If you have any questions, please contact Salt River Elementary School at 480-362-2400.**

Respectfully,

**Emily Niu**, Acting Principal  
Salt River Elementary School



Adapted from *Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide*. American Academy of Pediatrics