

# HEAD START of LANE COUNTY

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*“Ensuring that our youngest children have a solid foundation for life.”*

Dear Parent:

## ALERT

A student in your child's classroom has been diagnosed with HERPANGINA, a disease that is contagious. Please read the information below and watch your child for any signs or symptoms of this illness. Thank you for helping to decrease the spread of illness in our classrooms.

**Please notify your center if your child is home ill.**

**Herpangina** (caused by Coxsackie viruses.)

### **Signs and Symptoms of Illness:**

- A viral illness causing fever, sore throat, and sores inside the mouth.

### **How Disease is Spread:**

- Through contact with nose and mouth secretions including breathing in contaminated air from ill child coughing and sneezing, and stool.

### **When Illness Occurs After Being Exposed:**

- 2 to 5 days

### **How Long Can Disease Be Spread:**

- When signs and symptoms exist and up to several weeks after.

### **Prevention:**

- Wash hands immediately after exposure to secretions, wash hands prior to meals and after. Encourage children to cover their nose and mouth while sneezing.

### **Exclusion From School:**

- Only exclude the person from childcare or school if s/he is too sick to participate in normal childcare activities AND if open sores cannot be covered. Open sores that cannot be covered must be crusted over before returning to school. This is generally not a serious illness; exclusion rarely prevents the disease from spreading. Notify other families of illness. Adults usually have much milder illnesses than children.

**REMEMBER:** Please don't bring your children to school with a fever greater than 100.4° F.