



Umatilla-Morrow Head Start, Inc.

110 N.E. 4th Street

Hermiston, OR 97838

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1-800-559-5878

A HEAD START,
EARLY HEAD
START

AND
OREGON PRE-
KINDERGARTEN
PROGRAM

SERVING...
Umatilla
Morrow
Grant
Wallowa
Sherman
Wheeler
and Gilliam
Counties

A WIC PROGRAM
SERVING...

Umatilla,
Morrow
and Wheeler
Counties

A CHILD CARE
RESOURCE
REFERRAL
PROGRAM
SERVING...

Umatilla
And
Morrow
Counties

A FAMILY
SUPPORT &
CONNECTION
PROGRAM
SERVING...

Umatilla
and
Morrow
Counties

CASA PROGRAM

HEALTHY
START/HEALTHY
FAMILIES

A CAR SEAT
LOAN PROGRAM

Date: _____

Dear Parent/Guardian:

This notice is to inform you that COXSACKIEVIRUS, the virus that causes HAND, FOOT & MOUTH DISEASE has been diagnosed in a child at this Head Start Center. This condition is contagious; therefore, we would like you to watch for symptoms in your child.

Coxsackievirus disease usually affects the inside of the mouth and the palms of the hands, fingers and soles of the feet. The rash appears as ulcers in the mouth, on the inner cheeks, gums sides of the tongue, and as bumps or blisters on the hand, feet, and sometimes other parts of the skin. The skin rash may last for 7-10 days.

The virus is spread primarily from the feces of infected persons to the mouth of the next person. It is spread also by the respiratory tract from mouth or respiratory secretions, by person-to-person contact, and from saliva on hands or toys. Direct contact with the skin blisters may also spread the virus.

There is no specific treatment for the virus that causes hand, foot and mouth disease

To help prevent the spread of the hand, foot and mouth disease do the following:

- ✿ Wash hands well, especially after going to the bathroom, changing diapers and handling diapers or other stool-soiled material.
- ✿ Cover the nose and mouth when coughing or sneezing.
- ✿ Wash toys and other surfaces that have saliva on them.
- ✿ Children should be excluded from child care or school settings if there is a fever and/or sores in the mouth, that is, when the child may be feeling ill.
- ✿ If blisters/sores are open and weeping, children should be excluded from child care until the blisters are dried and crusted.

If your child should develop one or more of these symptoms, please notify your child's health care provider and your child's teacher.

If you have any questions about this information, contact your child's teacher or the Health Services Director at (541) 564-6878.

Thank you for your cooperation in this matter.

Sincerely,

Head Start Teacher

Amy Hendrix
Health Services Director

UMCHS 1/27/2010 coxsackievirus

