

Kid's Corner Child Care & Preschool, Inc

HAND, FOOT AND MOUTH DISEASE POLICY

Hand, Foot and Mouth Disease can present differently making it easy to misdiagnose. It begins with a fever but the fever may go unnoticed depending on the severity of the virus they were exposed to. The rash not only shows up on the hands, feet and mouth but also on the arms and legs sometimes without being elsewhere on the body.

For *mild to moderate* cases... Contagious by air via sneezing or coughing and by all bodily fluids (tears and saliva) from the onset of fever until 5-7 days after the rash has healed with no open or new sores. The rash and sores usually develop and peak within a 24-48 hr period and then will begin to heal.

To reduce the possibility of spreading the virus... Infected children should be kept away from other children and siblings and should not kiss, bathe, share bedding, clothing, food, eating utensils, cups or bottles, or toys with other children or family members for the duration of the contagious period.

In more *severe* cases the rash and sores will open and blister and can take 2-4 days to stop developing. The child is still contagious until 5-7 days after the last rash or sore has dried up and healed. The virus is still contagious via poop for 3-4 weeks after initial exposure. Incubation period to start showing symptoms is 1-2 weeks. Children and adults can get it more than once so it's important to keep exposure to a minimum.

Based on the information from doctors and websites, I've had to carefully weigh options when considering my policy and what is best for the children in my care.

I know it can be difficult keeping your child at home but unfortunately it's something that needs to be done to minimize other adults and children from catching this virus. Although a child with closed blisters are not contagious according to the pediatrician, I've seen them open while in my care. Based on this and information read, I require the following:

- Children remain home for 48 hours after the onset of any blisters, closed or open. This allows the parent to monitor the blisters to make sure they aren't getting worse or opening. Children may return to daycare 24 hours *after* blisters have *completely* healed.

Although a note from the doctor isn't necessary, it couldn't hurt to have the doctor check to make sure the virus is no longer contagious and to check inside the child's mouth to make sure there are no open blisters still lurking there.