



Birchland Tree House Head-Foot-Mouth Disease Policy

Hand-Foot-Mouth Disease (HFMD) is a common childhood illness caused by a virus. It easily spreads from person to person (contagious) when someone comes in contact with the body fluids of an infected person. This can happen by:

- Touching something that has been sneezed, coughed or drooled on
- Breathing in air droplets of the infected person when talking (less than 3 feet)
- Touching something that has been soiled with stool (bowel movement or feces)
- Touching body fluid from a draining sore

It is most common in young children under age 5 years, but teenagers or adults may also get the virus. Most outbreaks occur in the summer and fall. Symptoms of HFMD usually go away without treatment in 5 to 7 days.

Signs and Symptoms

The early symptoms of HFMD are much like a common cold.

- Fever
- Headache
- Sore throat
- Runny nose

A day or two after the fever, you might see:

- Small painful sores (ulcers) on the throat and tonsils
- A rash of very small blisters or red spots on the palms of the hands, soles of the feet, and diaper area. These usually are not itchy.
- Tenderness or pain when touching the palms of the hands and soles of the feet
- Poor appetite due to painful swallowing

Protocols if your child(ren) has / or suspicion to have the disease

If there is a suspicion a child may have HMFD at the daycare, we will isolate the child in a separate room and immediately call the parents to take the child home and monitor their symptoms.

If your child(ren) has a confirm case of HMFD, please do the following:

- Inform the daycare that your child has Hand-Foot-Mouth Disease.
- Your child should stay home from childcare 6 days

Cleaning

We strive to continue to maintain a healthy and safe environment for all children. In accomplishing this task, we continue to diligently sanitize and disinfect all toys and all surfaces' children has access.

When can your child come to daycare?

Your child(ren) can come back to daycare if the following:

- Does not have fever past 24 hours
- All blisters (including scabs) are healed
- After 7 days