



# 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