

From the School Nurse...

Mamaroneck Union Free School District

EXPOSURE NOTICE Coxsackie Virus

Date: _____

Dear Parent/Guardian:

Your child may have been exposed to Coxsackie virus. Coxsackie virus is a very contagious viral disease. One type of coxsackie virus, **hand, foot and mouth syndrome**, causes ulcers (sores) on the tongue and inside the cheeks and small blisters on the hands and feet. It is usually accompanied by a low grade fever (101F°). Another type of coxsackie virus, **herpangina**, is a coxsackie virus infection of the throat that causes blisters and ulcers on the tonsils and the fleshy back portion of the roof of the mouth. Herpangina is often accompanied by a high fever.

The incubation period for these two types of coxsackie virus infections is about 3 - 5 days. Most children with a simple coxsackie virus recover completely after a few days at home.

There is no specific treatment for this virus other than letting it run its course. Treat your child for discomfort or fever according to your doctor's advice.

Coxsackie virus can be passed from person to person on unwashed hands and surfaces contaminated by feces (even tiny amounts). Handwashing is the best prevention.

If you think your child has coxsackie virus, please contact your doctor. Please let your school nurse know if a diagnosis is confirmed.
