

Health Update for Our Families

Increase in Hand, Foot, and Mouth Disease (HFMD) Cases

We've recently seen a rise in **Hand, Foot, and Mouth Disease** (HFMD) in our elementary classrooms.

While this illness is typically mild, it can spread easily — so we want to keep everyone informed.

What to Watch For

- Fever or sore throat
- Mouth sores or blisters
- Rash on hands, feet, or around the mouth
- Loss of appetite or feeling unusually tired

If your child is experiencing any of these symptoms, **please keep them home** and **contact your pediatrician** for guidance.

Help Prevent the Spread

- Encourage **frequent handwashing**
- Teach children to **cover coughs and sneezes**
- **Disinfect** commonly touched surfaces at home

Thank you for helping us keep our school community **healthy and safe!** 

Please reach out if you have any questions or concerns.

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