



PUBLIC NOTICE

Hand, Foot, and Mouth Disease (Coxsackievirus A6) has been identified in our community!



Individuals diagnosed or suspected of having Hand, Foot, and Mouth Disease should remain at home until:

- They have no fever for 24 hours after discontinuing the use of any fever reducing medication(s); and,
- All lesions have scabbed over and no new lesions have appeared for two days.

Infected individuals should avoid swimming pools.

The chlorine concentration in the water is not high enough to kill this contagious virus.

Disease Identification

Hand, Foot, and Mouth Disease is caused by viruses that belong to the Enterovirus genus. **CVA6** is a new strain of this disease. It is characterized by more severe skin rash and/or lesions; skin rash/lesions may appear on parts of the body other than hands, feet, or mouth; and we are seeing adult cases with this disease. Symptoms include:

- Fever, rash, sores, poor appetite, a vague feeling of illness, and sore throat.
- Painful sores in the mouth that may blister and become ulcers.
- Skin rash, flat or raised red spots, develops over 1 to 2 days.
- Rash usually on the palms of the hands and soles of the feet and may appear on the knees, elbows, bottom or genital area.
- Dehydration may occur because of painful mouth sores.
- Some cases may experience nail shedding after 1-2 months after illness onset.

How the Disease is Spread

Hand, Foot, and Mouth Disease is spread by:

- 1) Person-to-person via direct contact with saliva, sputum, or mucus; or fluid from blisters, sores, or stool from a contagious person; and,
- 2) Surface-to-person by touching objects and surfaces contaminated with the virus and then touching your mouth or food.

Prevention and Control

Recommendations to protect yourself and prevent the spread of Hand, Foot, and Mouth Disease:

- Wash hands with soap and water carefully and frequently, especially after going to the bathroom, after changing diapers, and before preparing and eating foods or beverages.
- Disinfect surfaces and items, including shared toys or equipment. First wash the items with soap and water, then disinfect them with a solution of 1 tablespoon of bleach and 4 cups of water
- Avoid close contact such as kissing, hugging, or sharing eating utensils or cups with infected people.
- Health care providers are being asked to notify the Washoe County Health District at (775) 328-2447 if they see higher than normal numbers of cases of Hand, Foot, and Mouth Disease symptoms.
- Reporting a single case of Hand, Foot, and Mouth Disease is not required.