



- ◆ Hand, Foot and Mouth Disease likely caused by CVA6 is coming back!

## Hand, Foot and Mouth Disease is back in the Community

Hand, foot, and mouth disease (HFMD) is caused by viruses that belong to the Enterovirus genus<sup>1</sup>. This group of viruses includes polioviruses, coxsackieviruses, echoviruses, and enteroviruses. Coxsackievirus A16 (CVA 16) and Enterovirus 71 (EV 71) are the most common causes of hand, foot, and mouth disease in the United States.



Enterovirus (Nonpoliovirus) and Parechovirus Infections Figure 1. Vesicular eruptions in hand (A), foot (B), and mouth (C) of a 6-year-old boy with coxsackievirus A6 infection (D) 2 months after the pictures were taken.<sup>1</sup>

In 2012, a new strain, *Coxsackievirus A6* (CVA 6) was identified by the Centers for Disease Control and Prevention (CDC) originally, in association with, outbreaks in the States of Alabama, California, and Nevada (Washoe County specifically). Since that time multiple outbreaks of HFMD caused by CVA 6 have been reported. ***CVA 6 had been identified in other countries but had not been associated with outbreaks in the U.S prior to 2012.***

From the management of these outbreaks of HFMD caused by CVA6 in 2012 it was observed that previously accepted control measures for the more common strains of HFMD were not effective against this new CVA 6 strain. Therefore, at that time, WCHD revised its guidelines for the prevention and control of HFMD.

Since March 25, 2014, Washoe County Health District (WCHD) has once again begun receiving reports from local child care centers that they are

experiencing increases of HFMD illness. Based on information received, and the recent history of CVA6 in Washoe County, the Health District is recommending that all sporadic cases, as well as, outbreaks of HFMD be treated as if they are caused by the CVA6 strain and is instructing those that care for children in our community to implement the more stringent cleaning and exclusion criteria.

***To assist in controlling the spread of this illness in our community WCHD is asking daycares, childcares and schools to do the following when seeing persons with a suspected Coxsackievirus infection:***

- ◆ Educate children and their families about HFMD. The uniqueness for CVA 6 caused HFMD may include 1) more severe skin rash and/or lesions; 2) Skin rash/lesions that appear on parts of the body other than hands, feet or mouth (e.g., groin, buttocks, torso, arms, legs, face); 3) Adults and children >5 years of age presenting with HFMD symptoms; 4) Some cases experiencing onychomadesis (nail shedding) about 1-2 months after illness onset.
  - ◆ Provide parents with the printed fact sheet for HFMD, which can be found at WCHD's website: <http://www.washoecounty.us/health/idcss/main.html#sec6>
- And/or, the 2012 fact sheet available at: <http://www.washoecounty.us/repository/files/4/English-CVA6-Fact-Sheetv2-8-7-2012.pdf>
- ◆ Frequently disinfect high touch surfaces (doorknobs, changing tables, etc.), and mouthed or shared objects using a 1,000 ppm bleach and water solution (1/2 cup bleach: 1 Gallon water)
  - ◆ Use the stricter exclusion criteria: in addition to being fever free for 24 hours without the use of medications, all sores must be dry or scabbed over and no new sores appearing for 24 hours.
- Reporting of sporadic cases is NOT required. However, if you notice a higher number of cases than expected or have a case with signs or symptoms not consistent with what has been described, **please call Washoe County Health District (WCHD) at 775-328-2447 to report.**

<sup>1</sup> Committee on Infectious Diseases et al. Red Book Online 315-318