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Quality Care For Kids

A newsletter for Scott County Child Care Providers

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Hand, Foot, and Mouth Disease

Hand, foot, and mouth disease (HFMD) is caused by a virus. The illness is common in infants and children in the summer and fall. Outbreaks can occur in child care when there are people in the community with HFMD.

Symptoms

- Fever
- Reduced appetite
- Sore throat
- Painful sores in the mouth that usually begin as flat red spots
- A rash of flat red spots that may blister on the palms of the hands, soles of the feet, and sometimes the knees, elbows, buttocks, and/or genital area.

There are no medications that treat the virus. A person with

HFMD should talk to their medical provider about how to treat their symptoms.

Is it contagious? Yes, a person with HFMD can spread the virus through coughing, sneezing, kissing and mouthing toys and objects in an environment. The virus can be in the feces of an infected person and can be spread to others.

Should children be excluded from child care? No, a child does not need to be excluded when they have HFMD. However, some children may need to stay out of care if:

- They can't participate comfortably.
- They require more care

than staff can provide. For example, a child with lots of drooling due to painful mouth sores might need to stay home.

- They meet other exclusion criteria, like fever with behavior changes.

Prevention

Good hand washing using soap and water, scrubbing for 20 seconds, rinsing and drying with a paper towel. Clean and sanitize or disinfect the environment especially mouthed toys and diapering and bathroom areas. Contact your local child care nurse consultant for more information.



Call your Child Care Nurse Consultant if you have any questions about child health and safety, or any special training needs.



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It's HOT outside: Water Play

According to the Centers for Disease Control (CDC), small inflatable and plastic pools should not be used in the child care setting. They have been associated with the spread of diarrheal illness including Crypto (Cryptosporidium), E Coli, Shigella and Norovirus.

Children are very susceptible to these illnesses because they are much more likely to get water in their mouths and children in the child care setting may include mixed age groups with children that are not toilet trained.

Caring For Our Children National Health and Safety Performance Standards, 3rd edition (CFOC) recommends using sprinklers, hoses, or small (one quart) individual water buckets as safe alternatives for cooling water play. Constant and active supervision is extremely important whenever children are around water and during water play activities.

Water tables should be permitted if children are supervised and the following conditions apply:

- The water tables should be filled with fresh

potable water immediately before designated children begin a water play activity at the table, and changed when a new group begins a water play activity at the table even if all the children are from a single group in the space where the water table is located; or, the table should be supplied with freely flowing fresh potable water during the play activity;

- The basin and toys should be washed and sanitized at the end of the day;
- If the basin and toys are used by another classroom, the basin and toys should be washed and sanitized prior to use;
- Only children without cuts, scratches, and sores on their hands should be permitted to use a communal water play table;
- Children should wash their hands before and after they use a communal water play table;
- Caregivers/teachers should ensure that no child drinks water from the water table;
- Avoid use of bottles, cups, and glasses in water play, as these items encourage children to drink from them.