



# 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.