



# Ichabod Crane Central School District

2910 Route 9, P. O. BOX 820, Valatie, New York 12184

October 18, 2018

Dear ICC Parents,

You may have recently seen in the news that there have been cases of the Coxsackievirus (hand, foot & mouth disease) in Upstate New York school districts. I am writing to let you know that we recently had four reported cases of the Coxsackievirus in the Ichabod Crane School District. While there is no reason for alarm, I wanted to take this as an opportunity to share with you information about how to recognize Coxsackievirus and how you can help us prevent cases of it in the District.

Coxsackievirus is a common viral illness that usually affects infants and children under five. However, it can occur in older children and adults. It is a non-reportable disease to the CDC (Center for Disease Control & Prevention) but it is contagious. In order to minimize the spread of it among more students, it is important to know the symptoms of it, so you know when to keep your child home.

Early symptoms usually appear 3-5 days after exposure and often include:

- Fever
- Loss of appetite
- A sore throat
- A general feeling of sickness/fatigue

Painful sores often develop in the back of the mouth one or two days after the fever starts. These usually begin as small red spots and can begin blistering. A skin rash may develop on the palms of the hands and soles of the feet over one or two days as flat, red spots. This rash may also appear on the knees, elbows, buttocks or genital area. If your child develops these symptoms, please contact your healthcare provider.

Students are contagious while they have a fever and/or a rash and should stay home from school. Their fever and any rash should be gone for at least 24 hours before returning to school.

You can help your child prevent spreading Coxsackievirus by making sure:

- They wash their hands often. Always wash dirty hands before eating and after using the bathroom.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid sharing cups and eating utensils.

Thank you for helping us keep the school district healthy. If you have further questions, please contact the Ichabod Crane Health Office at 518-758-7676.

Sincerely,

A handwritten signature in blue ink that reads 'Suzanne Guntlow'.

**Suzanne Guntlow**  
Ichabod Crane Acting Superintendent