

MEMORANDUM

Update on Hand, Foot & Mouth Disease at Claremont Colleges

There have been a few students identified as having viral infection which caused the illness labeled [Hand, Foot and Mouth Disease](#) (HFMD) on the Claremont Colleges Campus.

The illness is very common and is caused by a virus that can be transmitted through contact with mucus from the nose, saliva and fluid from open rashes/sores. Symptoms often include flulike symptoms such as a sore throat, fever, reduced appetite, body aches and general malaise. It also often includes a rash/sores mainly to the mouth, palms of hands and soles of feet. Those infected with the virus normally recover without medical treatment in 7 to 10 days. The virus rarely causes complications. There is not currently a vaccine available for Hand, Foot and Mouth Disease, and treatment options include oral pain relievers (e.g. Ibuprofen, Acetaminophen), throat lozenges and other home care measures.

The Student Health Services believe that the best response is to treat it like any other communicable illness (such as a cold or flu). Below are recommended guidelines to follow:

When to stay home/miss classes/sports

- If you have **a fever of 100.4 or higher**, have **open rashes/sores** (most rashes/sores remain closed), are **coughing/sneezing a lot** (not a typical symptom with Hand, Foot and Mouth), or are **feeling ill**, stay home or in your room. Communicate with professors and coaches, and ask a roommate or friend to bring you meals. Avoid going to class or to the Commons for meals, and do not participate in sports.
- If you do not have the above symptoms (or if you do have a rash, but sores are closed) and you feel well enough to be out and about, you may go to class and to the Commons to eat and return to sports activity. You can follow their normal routine and **do not** need to wear a mask or gloves.

Prevention

A reminder to everyone that taking a few simple steps will decrease the likelihood of getting sick.

- Wash your hands often with soap and water, or hand sanitizer.
- Clean and disinfect frequently touched surfaces, including phones and laptops.
- Avoid close contact, such as kissing, hugging, or sharing eating utensils, cups, water bottles or food, with people who are infected.
- As with any illness, it's good to do extra cleaning/disinfecting of personal space, as well. Custodial Staff will continue with the deep cleaning and disinfecting of public spaces.

Questions?

If you are a student, or know of a student who thinks they may be ill and needs care or has questions, please have them to **CALL the Student Health Center first** rather than walk in, as doing so can expose other people to germs. The Health Center can be reached at 909-621-8222.