LEE COUNTY
NORTH CAROLINA
Committed Today for a Better Tomorrow

Date: June 5, 2012

To: Lee County Citizens

From: A. Terrell Jones, III, MPH
Health Director
Lee County Health Department

Re: Hand, Foot, and Mouth Disease (HFMD) Update

HFMD has been reported to the Lee County Health Department. Providers who identify cases or clusters of severe or unusual HFMD are asked to contact their local health department. Please see the attached letter.

Public Health Recommendations concerning HFMD

1. Individuals with suspected hand, foot and mouth disease should be instructed to remain at home until they have no fever, all lesions have scabbed over, and no new lesions have appeared for two days.
2. Individuals should be reminded that they can continue to shed virus in their stool for several weeks, and to be vigilant about sanitation and hygiene.
3. All individuals should wash hands with soap and water carefully and frequently, especially after going to the bathroom, after changing diapers, and before preparing foods or beverages.
4. Disinfect surfaces and items, including toys. First wash the items with soap and water; then disinfect them with a fresh solution of 1 tablespoon of bleach and 4 cups of water.
5. Avoid close contact such as kissing, hugging or sharing eating utensils or cups with infected people.
6. Report cases of unusually severe cases of hand, foot and mouth disease to your local health department.

If you have additional questions, please feel free to call us at 919-718-4640.

Lee County Public Health
106 Hillcrest Drive. - Sanford, NC 27330
Phone 919-718-4640 - Fax 919-718-4632
Promoting better health and a safe environment for all Lee County residents

LCPH