

North Suburban YMCA Hand, Foot and Mouth Disease Policy

The health and safety of your children is our top priority. We have policies in place to address communicable illnesses, including Hand, Foot, and Mouth Disease (HFMD), which is a common childhood illness caused by a virus.

HFMD often causes:

- Mild fever, sore throat
- Mouth sores
- Rash or small blisters on the hands, feet, or buttocks

While HFMD is usually mild, it is highly contagious, especially among children.

NSYMCA Policy:

- **Symptom Monitoring:** Any camper showing visible signs of illness (fever, rash, mouth sores) will not be allowed to attend camp that day.
- **If Your Child Becomes Ill at Camp:** You will be contacted to pick them up immediately. They will be kept comfortable and isolated with staff until you arrive.
- **Return Policy:** Your child may return to camp after:
 - Being fever-free for 24 hours without medication
 - Sores and rash have improved or healed
 - They are no longer contagious (typically 5–7 days after onset)

Communication:

Families will be notified if there is a confirmed case in their child's camp group. We do not disclose the identity of affected campers to respect privacy.

Prevention:

We promote:

- Frequent handwashing
- Sanitization of equipment and surfaces
- Safe hygiene habits

What You Can Do:

Please monitor your child at home. If they develop symptoms, keep them home and inform us. Consult your pediatrician for evaluation and care. Your partnership helps keep our camp community healthy, safe, and fun for everyone.