



Dear Parent or Guardian:

A child at your child's school or child care has recently had herpes simplex, a viral illness that commonly causes cold sores or fever blisters. Two types of herpes simplex virus (HSV) exist. Type 1 is associated with cold sores. Genital herpes infection is most often caused by HSV type 2 and is not the type believed to be involved in your child care. Cold sores or fever blisters caused by HSV usually appear in or around the mouth, nose, or eyes. The virus is spread through direct contact with the drainage from the sores or saliva of the infected person. The sores last between 7 to 10 days.

At this time, there is no cure for HSV infections. Sores tend to heal more quickly if they are kept clean and dry. Washing hands thoroughly after touching the sores and after handling drainage from the nose, mouth, or eyes is an important means of preventing the spread of this illness. Sores should be covered with a bandage or clothing whenever possible. People with HSV should stay away from newborn babies, children with skin problems or burns, and people with a weakened immune system.

Please notify your child care or school if your child becomes infected. If you have questions about HSV you can contact the Snohomish Health District's Communicable Disease Outreach program at 425.339.5278.

*This letter was printed from the Snohomish Health District's website. If your child's caregiver has provided you with this notice and you have additional questions, call Communicable Disease Outreach at 425.339.5278. This letter is reviewed annually. This document is not valid after 06/2012.*