



## Hand, Foot and Mouth Disease

**H**and, foot, and mouth disease is a viral infection, which gets its name from the small red sores or rashes that often appear in the mouth, and on the palms of the hands and soles of the feet. It is a common illness among children under the age of 5, but older children and adults can catch it as well.

Cases typically spike in summer and early fall. But hand, foot, and mouth disease has been making headlines, as doctors are reporting seeing more cases this year, including two Major League Baseball players who have contracted the disease.

### What Is Hand, Foot, and Mouth Disease?

Hand, foot, and mouth disease is a highly contagious disease caused by different viruses. A key sign of the disease is the appearance of sores or rashes in the mouth and throat, on hand hands and feet, and diaper area. The sores can be flat or raised, or blister-like. One to two days before sores break out, children who have hand, foot, and mouth disease

typically have a fever, sore throat and flu-like symptoms.

It can be hard for parents to tell if a child (especially a very young one) has HFM if sores are only inside the mouth or throat. Very young kids might not be able to communicate that they have a sore throat, but if a child stops eating or drinking, or wants to eat or drink less often, it's a sign that something is wrong.

Your child can catch hand, foot, and mouth disease through contact with someone who has it, or from something that's been in contact with the virus, like a toy, tabletop, or doorknob. Children under age 5 are most at risk getting the disease, as infections are common in childcare centers, preschools, and other places where kids are in close quarters.

Like other viruses, there is no cure for hand, foot, and mouth disease, but your doctor can recommend home care to make your child more comfortable during recovery.

### How to Deal with the Disease?

Though hand, foot and mouth can be a mild illness, children with symptoms are at risk for dehydration and should be monitored closely.

Most times, however, families can handle a child's infection without an in-office visit.

There is no prescription treatment for hand, foot and mouth disease. The virus must run its course, with patients typically starting to improve within seven to 10 days.

Dehydration due to fever and sore mouth is a known risk; parents should make sure their child stays well hydrated during recovery. Keep track of the number of wet diapers your child has, as well as fluid intake.

Cold foods like ice cream, smoothies, and popsicles also help by numbing the area, and will be a welcome treat for kids who have trouble swallowing (and even those who don't!). Avoid hot drinks, sodas, and

acidic food (citrus juice, tomato sauce, etc.) because they can make the pain worse.

Kids with blisters on their hands or feet should keep the areas clean and uncovered. Wash the skin with lukewarm soap and water, and pat dry. If a blister pops, dab on a bit of antibiotic ointment to help prevent infection and cover it with a small bandage.

Make sure your child drinks plenty of fluids to stay hydrated. Call your doctor if your child remains very irritable, can't be comforted, is sluggish, or seems to be getting worse. Also call if you see signs of dehydration, like a dry or sticky mouth, sunken eyes, or decreased urine output.

### **Can Hand, Foot, and Mouth Disease Be Prevented?**

Your child is most contagious in the first 7 days. But the virus can stay in your child's body for days or weeks after symptoms go away. Keep your child home from school and childcare while he or she has a fever or open blisters on the skin and in the mouth.

Hand washing is the best protection. Remind everyone in your family to wash their hands well and often, especially after using the toilet or changing a diaper, and before preparing or eating food. Shared toys in childcare centers should be cleaned often with a disinfectant because many viruses can live on objects for a few days.

Because there is no vaccine for hand, foot and mouth disease, it's important to take precautions, especially with your kids, to avoid contracting the illness. Until a vaccine is developed, CDC recommends:

- Washing your hands frequently with soap and water, especially after changing diapers and using the toilet.
- Clean and disinfect touched surfaces and soiled items, like toys and counter tops.
- Avoid close contact such as kissing, hugging, or sharing eating utensils or cups with people with hand, foot, and mouth disease.

## **San Francisco County Reps attend the 2018 California Quality Parenting Initiative Conference**

By Michele Segal Foy

San Francisco County was well represented at the 2018 Quality Parenting Initiative (QPI) California Statewide Conference held in Sacramento. Five staff and ten resource parents attended the conference, and agreed that the two-day session was "uplifting and motivating, with a positive atmosphere and synergistic vibe."

One of the topics covered at the conference was Continuum of Care Reform (CCR). CCR is not about counting the number of youth moved from a group home to a family home; it is about providing children with loving parenting and changing the behavior of adults and families in the system to better care for kids in care. QPI is a framework to ensure that every foster child receives the excellent, effective and loving parenting they need and deserve.

San Francisco has opportunities in furthering and sustaining QPI culture. As talked about during the conference, other counties partner with local universities, businesses and non-profits, have respite networks and provide support and training that has led to the revocation of 7-day notices. Some recruiting strategies don't just focus on recruiting foster parents; they engage people in other ways. Nevada presented their innovative Engagement Center and their philosophy that parental visitations are simply family time, not a time for parents to be judged or evaluated. Some counties use comfort calls and ice breakers (aka meet and greets) to promote communication between biological and foster parents.

Attendees also learned how normal adolescent brain development relates to teen behaviors and how altered fetal and infant brain development can affect the way teens cope with challenges. Luckily, neuroplasticity means there is an opportunity to re-wire the brains of adolescents. A panel of amazing former foster youth displayed their resilience and suggested strategies to improve the experiences of future foster children.

QPI staff plan to tackle 5-6 priorities identified at the conference such as normalizing the lives of foster children (e.g., extracurricular activities), re-envisioning family visits, reducing 7-day notices and placement disruptions, engaging communities, enhancing communication between bio and resource parents and others, and engaging youth during and after their time in foster care. SF attendees have been inspired to work toward some of these goals in parallel with QPI staff. Be on the lookout for ways to get involved!

# Outdoor Space Safety Tips for Resource Families

There is no substitute for the experience of being outside. Outdoor spaces create opportunities for exploration and help children expend energy. While ample yard space may sometimes be a luxury for homes in the Bay Area, there are still precautions that parents should consider for keeping their children safe.

The RFA Written Directives require that if a resource family has a yard or outdoor activity space, parents must ensure that the area is free from hazards that may endanger a child's health and safety. With the tips below, parents should use prudent judgment for removing hazards. Even if a resource family does not have an area for outdoor play at their house, parents can still use the information below to evaluate

spaces at nearby parks and playgrounds to keep children safe.

Below are tips that resource parents can use to evaluate outdoor spaces for keeping children safe during outside play:

- Never leave children alone outside. Always have a responsible person supervise outdoor play.
- If there isn't a fenced yard, teach your child the boundaries within which he or she should play. Tell them not to play near the street. Explain that they must ask for help if toys roll into the street or driveway.
- Remove trash, sharp branches, lawn equipment, and animal feces before outdoor play.
- Make sure tools and chemicals (such as

lawn treatment or bug sprays) are properly stored or locked away.

- All outdoor equipment should be free of hazards and debris. Equipment should be securely anchored to prevent collapsing, tipping, sliding, moving, or overturning, and cover all protruding bolts.
- Do not attach ropes or cords to the play set, which could become a strangulation hazard.
- Platforms, walkways, ramps, and ladders should have adequate guardrails.
- Protect against tripping hazards such as tree stumps, concrete footings, and rocks.
- Keep grills closed and stow away gas, charcoal, matches, and lighters.
- Cover or fence off pools, spas, or similar bodies of water.

## SESECTION 11-02: Outdoor Activity Space

(a) If a Resource Family provides a yard or outdoor activity space, the Resource Family shall comply with the following requirements:

(1) A yard or outdoor activity space shall be free from hazards that may endanger the health and safety of a child or a nonminor dependent.



### Join us in welcoming our newest Resource Family Participants

The Parenting for Permanency College is excited to congratulate the latest participants from the July, August and September 2018 PreService, August/September 2018 SA/HIV Infant Training Programs and the July Spanish 2018 PreService training classes. We welcome them to our network of dedicated Resource Families.



## K.I.D.S.

Published bimonthly for San Francisco County foster parents, resource families, NREFMs and kin care providers. To suggest a topic, submit an article, promote an event, or provide feedback, email Sharon.Walchak@sfgov.org.

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Newsletter Website: <https://www.sfhsa.org/newsletters>

### Helpful Phone Numbers

HSA Operator	(415) 557-5000
CPS Child Abuse Hotline	(800) 856-5553 or (415) 558-2650
Foster Care Ombudsman	(415) 558-2828
Transportation Duty Line	(415) 557-5376
Licensing/RFA/Recruitment Hotline	(415) 558-2200
San Francisco Families Making a Difference	
Mentor Program for Care Providers	(415) 557-5400
Free Foster Parenting Respite Service	(415) 861-4060 x 3035
Community Services	211
Non-emergency Government Services	311

FCS Agency Directory: [www.sfhsa.org/174.htm](http://www.sfhsa.org/174.htm)

You can register for these and all PPC training through your RFA worker or by contacting:

Bay Area Academy

Care Provider Registration Line

510-271-0951 x 117

<b>RFA Pre-Service Approval Training</b>	
<b>Spanish RFA Pre-Service Training</b>	<b>Nov. 3 &amp; 10, 2018 (Saturdays) 9 a.m. - 3:30 p.m.</b>
English RFA Pre-Service Training	Nov. 6-15, 2018 (Tues/Thurs) 5:30-8:30 p.m.
English RFA Pre-Service Training	January 12 & 19, 2019 (Saturdays) 9 a.m. - 3:30 p.m.
<b>Placement Training</b>	
English SA/HIV 40-hour Cycle	Jan. 8-Feb. 7 (Tues/Thurs) 5:30-8:30 p.m.
CPR/First Aid	Nov. 3, 17 & Dec. 15, 2018 9 a.m. - 3:30 p.m.
<b>Spanish CPR/First Aid</b>	<b>Dec. 1, 2018 9 a.m. - 3:30 p.m.</b>
<b>Ongoing Training</b>	
<b>Spanish RFA Advanced Training: Childhood Trauma</b>	<b>Nov. 17, 2018 9 a.m. - Noon</b>
<b>Spanish RFA Advanced Training: Loss &amp; Transitions</b>	<b>Nov. 17, 2018 12:30-3:30 p.m.</b>
RFA Advanced Training: Childhood Trauma	Nov. 27, 2018 5:30-8:30 p.m.
RFA Advanced Training: Loss & Transitions	Nov. 29, 2018 5:30-8:30 p.m.
RFA Advanced Training: Childhood Trauma	January 26, 2019 9 a.m. - Noon
RFA Advanced Training: Loss & Transitions	January 26, 2019 12:30-3:30 p.m.
RFA Advanced Training: Mandated Reporter Training for Care	November 10, 2018 9 a.m.-Noon
<b>Advanced Training: Holiday RFA Training Event (Spanish &amp; English)</b>	<b>December 8, 2018 10 a.m. - 1 p.m.</b>

## Special Announcements

Save the date to join the City & County of San Francisco, Human Services Agency, Foster Care Licensing and Resource Family Approval Program and the Parenting for Permanency College in celebrating the Annual FCS Resource Family Holiday and Training Event "Festival of Lights" on Saturday, December 8, 2018.

Look for invitations in the mail. Registration is open through November 16, 2018. There are three different ways to register:

1. Click on this link to register  
<https://goo.gl/forms/ksjImHvReCGx-4GEw1>
2. Or you can register by contacting:  
Bay Area Academy  
Care Provider Registration Line 510-271-0951 x 117
3. Or you can contact your RFA Worker

### **San Francisco Families Making a Difference Mentor Program**

Our mission is to provide support, guidance and resources to enable newly approved Resource Families the tools needed to provide children with a safe, healthy and loving environment. Our mentor team is committed to encourage mutual respect, compassion and open communication. You can reach us through our mentor phone line at (415) 557-5400.

### **Support Group Info:**

#### **ENGLISH SUPPORT GROUPS**

Held every 3rd Tuesday of the month  
5:30 pm refreshments • 6 – 8 p.m. meeting

#### **SPANISH SUPPORT GROUPS**

Held every third Thursday of the month  
5:30 p.m. refreshments • 6-8 p.m. meeting