

## A preventable disease impacting Tucson classrooms and day care

TUCSON - Some pediatricians in Tucson are seeing an increase in patients with Hand, Foot and Mouth Disease. Summer is the season for this particular virus, but certain doctors believe there have been more cases this year.

"Some parents are getting calls from day care," said Dr. Duane Dyson, a pediatrician, "Make sure to watch your kids if they start drooling more or have a limited appetite. Check inside their mouths to see if something isn't normal."



According to the Centers for Disease Control, the virus usually affects kids under the age of 5 years old. Symptoms include fever, lack of appetite, sore throat and mouth sores. However, there is one way to prevent this virus; washing your hands.

"You have to wet your hands and you get some soap. Then, you rub them and sing 'Happy Birthday' to yourself twice," said Danielle Chandler, a school nurse at Gallego Intermediate.

Chandler has a Bachelor of Science in Nursing and has a unique way of teaching students how to properly wash their hands. Before using soap and water, she shows them all of the germs on their hands underneath a black light.

"Teaching kids how to wash their hands is so important," said Chandler. "If everyone washed their hands, the amount of diseases that we had would decrease exponentially."