



September 2025 School Health E-Blast

from Peel Public Health

What you'll find in this edition:

- A Healthy Return to School
- Managing Hand, Foot and Mouth Disease (HFMD)
- What is Fifth disease? (Slapped cheek Syndrome)

A Healthy Return to School

As students prepare to return to school or start at a new one, they may feel mixed emotions. It's normal for both students and their parents or caregivers to feel excited and nervous during this transition. Follow this link for more information on [How to Help Your Child Have a Mentally Healthy Return to School](#).

Managing Hand, Foot and Mouth Disease (HFMD)

Hand, Foot and Mouth Disease (HFMD) is a common viral illness that affects children and adults. It spreads through contact with an infected person's saliva or stool. Outbreaks are most common in the summer and fall.

HFMD is usually not a severe illness. It can cause fever, small painful ulcers in the mouth, headache, sore throat, loss of appetite, lack of energy, vomiting/diarrhea, and/or a skin rash that looks like red spots, often appearing on the hands, feet and buttocks.

Children with symptoms should stay home from school if they have symptoms.

Handwashing, regular washing of surfaces and avoiding close contact with infected individuals is the best way to prevent the spread of infection.



[Image: A child's foot with Hand Foot and Mouth Disease]

For more information, visit the [CPS/HFMD](#). You can also visit [Health811](#) to connect with a registered nurse for free and confidential health advice.

Individual cases of HFMD are not reportable to Peel Public Health. Certain diseases, confirmed by a doctor, may require notification to Public Health. A full list can be found here: [List of reportable diseases](#).

Fifth Disease (Slapped Cheek Syndrome)

Fifth disease is a common infection affecting the skin, upper airway and joints. It tends to spread during late winter to early spring and is usually mild.

Some children may have no symptoms. Some symptoms can include:

- Red rash on cheeks, giving a “slapped cheek” look
- Low grade fever and mild cold-like symptoms
- After 1-4 days, a red lace-like rash, spreading from torso and arms to rest of the body.

The virus spreads the same as most cold viruses, through close contact. The best way to prevent the spread of any infection is to wash your hands often.

Managing symptoms:

- Encourage your child to rest and stay hydrated.
- Children can continue to attend school if they feel well to take part in activities.
- Visit the doctor if your child becomes ill with fifth disease and you are pregnant, or child’s symptoms do not improve.

For more information, visit [CPS/Fifth Disease](#). You can also visit [Health811](#) to connect with a registered nurse for free and confidential health advice.

Contact Us

Peel Public Health – School Health Inbox

PublicHealthSchoolSupport@peelregion.ca

Use #SchoolHealthinPeel to connect with us on Social Media!