

Tuesday 13th November 2018

Dear Parents/Carers

Re: Hand Foot and Mouth

The school has had two reported cases of Hand Foot and Mouth disease. In response to this the school has contacted Public Health England West Midlands for advice and information on how best this can be managed.

Although this virus spreads very easily where there are groups of children e.g. schools and nurseries, for most children the illness will be mild and clear itself without treatment. This is not the same disease as foot and mouth in cattle.

The infection is spread from person to person by direct contact with discharges from the nose and throat, fluid from the blisters and stools (motion, faeces). The illness occurs 3 to 5 days after a person has been in direct or close contact with an infected person. It usually starts with a sore throat and high temperature. Small grey blisters develop on the inside of the mouth (cheek, gums and sides of tongue). Blisters may also appear on the palms of the hands, fingers and soles of feet. Symptoms can last from 7 to 10 days.

There is no specific treatment. However, if a child develops symptoms they should be kept cool and you should ensure they wash their hands after using the toilet and before handling or eating food. There is no exclusion from school for children with hand foot and mouth, however, if the child is too unwell or blisters are weeping, it is advised they should remain off school until they feel well enough to return.

More information on the infection is available on the internet and can be found on the NHS Choices website at <https://www.nhs.uk/>

Yours sincerely

Mrs S Machin
PRINCIPAL