



Dear Parents/Guardians,

We have been notified that a few students have contracted Hand, Foot and Mouth Disease across the school. This appears to be happening in the local area at present.

Hand, Foot and Mouth disease is a common viral illness in infants and children. Symptoms are mild fever, poor appetite and frequently a sore throat. One or 2 days later the fever begins, sores develop in the mouth. The sores begin as small red spots that blister and then often become ulcers. The skin rash develops over 1-2 days with flat or raised red spots, some with blisters. The rash does not itch and is usually located on the palms of the hands and soles of the feet. HFMD occurs mainly in children under 10 years of age, but adults may also be at risk. It is not the same disease as animal foot and mouth disease.

Transmission: Airborne or droplet infection, or direct contact with the fluid in the blisters or contaminated nose or throat secretions. Faecal-oral route.

Incubation: Usually 3 to 7 days.

Infectious period: While blisters are present. Faeces remain infectious for several weeks. HFMD is not transmitted to or from pets or other animals.

Exclusion: Exclude until all blisters have healed (dried).

Treatment: No specific treatment is available for this infection. Paracetamol may be used for fever and discomfort.
The virus may be present in the stool for several weeks after the blisters have resolved. Thorough hand washing is recommended for a minimum of 15 seconds after toileting or changing nappies to reduce risk of transmission.

If your child is displaying any of the above symptoms it may be worth visiting your local doctor for advice.

Yours sincerely
Stephen Bevan
Principal