



28th November 2018

Dear Parents and Carers,

Re. Hand, Foot & Mouth Disease

We have recently been made aware of an outbreak of hand, foot and mouth disease, which has affected one of our students.

To stop the disease spreading the NHS provides the following guidance:

The first signs of hand, foot and mouth disease can be (not related to the disease that affects animals):

- a sore throat
- a high temperature, above 38C
- not wanting to eat

After a few days mouth ulcers and a rash will appear. Ulcers appear in the mouth and on the tongue. These can be painful and make it difficult to eat or drink. Red spots, which develop into blisters, usually appear on the hands and feet.

You're infectious from a few days before you have any symptoms, but you're most likely to give it to others in the first 5 days after symptoms start.

To reduce the risk of spreading hand, foot and mouth disease:

- wash your hands often with warm soapy water – and teach children to do so
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible.

If you are in any doubt you should seek medical advice.

<https://www.nhs.uk/conditions/hand-foot-mouth-disease/>

Yours sincerely,

Mrs R Beadman
Health & Safety Manager