



Re: Hand, Foot and Mouth Disease

Dear Parent/Guardian,

We are writing to you to let you know that several children have been away from school/nursery with Hand Foot and Mouth virus.

Hand, Foot and Mouth

Hand, foot and mouth disease is a common childhood illness that can affect adults. It usually clears up by itself in 7 to 10 days. The first signs of hand, foot and mouth disease can be:

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

After a few days mouth ulcers and a rash will appear.

You can't take antibiotics or medicines to cure hand, foot and mouth disease – it has to run its course. It usually gets better in 7 to 10 days. See your GP if:

- your symptoms don't improve after 7 to 10 days
- you or your child has a very high temperature, or feels hot and shivery
- you're worried about your child's symptoms
- your child is dehydrated – they're not peeing as often as usual
- you're pregnant and get hand, foot and mouth disease

Hand, foot and mouth disease is infectious. Check with your GP surgery before going. They may suggest a phone consultation

Hand, foot and mouth disease is easily passed on to other people. It is spread through coughs, sneezes and poo. You are 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
- don't share towels or household items – like cups or cutlery
- wash soiled bedding and clothing on a hot wash

If you have any questions, please contact your GP.

Yours faithfully

South West Health Protection Team
UK Health Security Agency

