



# St. Michael's Church of England Primary School

Carlisle Road, Dalston, Carlisle, Cumbria CA5 7LN • Tel: 01228 711544 • Headteacher: Mrs L Smith

Our school values: *Respect · Kindness · Challenge · Forgiveness · Perseverance*



Thursday 12<sup>th</sup> March 2026

Hand, Foot and Mouth

Dear Parents

We have been informed of a small number of cases of hand, foot mouth disease in school over the last week which we have reported to the North West Health Protection Team.

Hand, foot and mouth disease is common viral illness and is generally a mild illness.

Initial symptoms can include fever, reduced appetite and generally feeling unwell. In the following days a rash may develop with blisters on hand, feet, the inside of cheeks, gums and on the sides of the tongue. Not all cases will show symptoms, and individuals are most infectious during the first week of illness.

The advice we have been given by the North West Health Protection Team is that the illness will usually clear in 7 to 10 days, however if a high fever, headache, stiff neck and/or back pain develops you should seek medical advice.

Hand, foot mouth disease is primarily spread by coughing and sneezing and as such we will be promoting good hygiene practice in school including regular hand washing. We will also be carrying out additional cleaning within school, focusing on areas such as sinks, handles and other high traffic areas.

Absence from school is not required, however to minimise the spread of infection we would ask that parents keep children off for a period of up to 5 days should they be unwell and showing symptoms.

If you would like any further information you can visit the following NHS webpage:

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

Kind regards

Mrs L Smith