

6th May 2016

Dear parents/carers

Hand Foot and Mouth Disease

We would like to make you aware that we have had a reported case of Hand Foot and Mouth Disease within Middlefield School.

The following is information and advice from the NHS Choices website:

Hand, foot and mouth disease is a viral infection that can affect young children.

It doesn't usually pose a serious threat to a child's health, but it can be an unpleasant condition, particularly if it affects younger children.

Typical symptoms of hand, foot and mouth disease include:

- cold-like symptoms, such as loss of appetite, cough and a moderately high temperature of around 38-39°C (100.4-102.2°F)
- a non-itchy red rash, made up of spots or small fluid-filled sacs (vesicles), which usually develops on the hands and feet, but may also occur on the knees, elbows, groin and buttocks; sometimes the rash can develop into painful blisters
- painful mouth ulcers

Hand, foot and mouth disease is a self-limiting condition, which means it will get better on its own without treatment. The symptoms will usually pass within seven days.

However, speak to your GP or call NHS 111 if you're unsure whether your child has hand, foot and mouth disease.

You should also contact your GP if your child isn't drinking any fluid or their symptoms last longer than seven days.

There is currently no cure for hand, foot and mouth disease, so treatment involves making your child feel as comfortable as possible while waiting for the infection to take its course.

If a **pregnant woman** gets hand, foot and mouth disease, there's normally no risk to the unborn baby, as complications are rare.

HFMD is rare in healthy adults, so the risk of infection during pregnancy is also very low.

However, if you think you may have hand, foot and mouth disease:

Do contact your GP or further information can be found at www.nhs.co.uk

If you have any questions please contact the school office.

Yours sincerely

Mr Andrew Brown
Assistant Headteacher
On behalf of Middlefield Primary Academy (part of TDLPT)