

Dear Parents and Carers,

You are receiving this email as there has been a case of Hand Foot and Mouth disease reported at [Lanivet preschool](#). For more information, please visit <http://www.nhs.uk/Conditions/Hand-foot-and-mouth-disease>

Hand, foot and mouth disease is a common infection that causes mouth ulcers and spots on the hands and feet. It's most common in young children – particularly those under 10 – but can affect older children and adults as well. Hand, foot and mouth disease can be unpleasant, but it will usually clear up by itself within 7 to 10 days. You can normally look after yourself or your child at home. The infection is not related to foot and mouth disease, which affects cattle, sheep, and pigs.

Symptoms of hand, foot and mouth disease the symptoms of hand, foot and mouth disease usually develop between three and five days after being exposed to the infection. The first symptoms may include:

- a high temperature (fever), usually around 38-39C (100.4-102.2F)
- a general sense of feeling unwell
- loss of appetite
- coughing
- abdominal (tummy) pain
- a sore throat and mouth - mouth ulcers appear
- after one or two days a spotty rash develops typically on the fingers, the backs or palms of the hand, the soles of the feet, and occasionally on the buttocks and groin.

What to do if you or your child has hand, foot and mouth disease If you have hand, foot and mouth disease, the best thing to do is to stay at home until you're feeling better. There's no cure for it, so you must let it run its course. You should keep your child away from preschool or school until they're feeling better. You don't usually need medical attention if you think you or your child has hand, foot and mouth disease. The infection will usually pass in 7 to 10 days, and there isn't much your doctor can do.

Preventing hand, foot and mouth disease It's not always possible to avoid getting hand, foot and mouth disease, but following the advice below can help stop the infection spreading.

- Stay off work, school or preschool until you or your child are feeling better – there's usually no need to wait until the last blister has healed, provided you're otherwise well.
- Use tissues to cover your mouth and nose when you cough or sneeze and put used tissues in a bin as soon as possible.
- Wash your hands with soap and water often – particularly after going to the toilet, coughing, sneezing or handling nappies, and before preparing food.
- Avoid sharing cups, utensils, towels and clothes with people who are infected.
- Disinfect any surfaces or objects that could be contaminated – it's best to use a bleach-based household cleaner.
- Wash any bedding or clothing that could have become contaminated separately on a hot wash

