

4<sup>th</sup> October 2022

Dear Parents/Carers

## Hand, Foot and Mouth (HFM) virus

In school there has been a confirmed case of the Hand, Foot and Mouth (HFM) virus. HFM is a common viral illness that can be spread from one person to another.

Should you have any questions or concerns, please contact your local pharmacist, GP or place a phone call into school.

The first signs of hand, foot and mouth disease can be:

- a sore throat
- a high temperature
- 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.

Raised spots usually appear on the hands and feet, and sometimes on the thighs and bottom as well. The spots can look pink, red, or darker than surrounding skin, depending on your skin tone. The spots become blisters which appear grey or lighter than surrounding skin and can be painful.

The symptoms are usually the same in adults and children, but they can be worse in babies and children under 5. It is possible to get hand, foot and mouth disease more than once.

You cannot take antibiotics or medicines to cure hand, foot and mouth disease. It usually gets better on its own in 7 to 10 days.

To help the symptoms:

- drink fluids to prevent dehydration – avoid acidic drinks, such as fruit juice
- eat soft foods like yoghurt – avoid hot and spicy foods
- take paracetamol or ibuprofen to help ease a sore mouth or throat
- Speak to a pharmacist for advice about treatments, such as mouth ulcer gels, sprays and mouthwashes, to relieve pain.

Yours faithfully

Dan Zaccheo  
Principal