



Sandford St. Martin's

P R I M A R Y S C H O O L

15th October 2021

Dear Parent/Carer,

We write to inform you that there has been a confirmed case of Hand, Foot and Mouth disease reported within the school.

We do not want to cause alarm but feel that it is necessary to advise you of the signs and symptoms associated with the Hand, Foot and Mouth Virus.

Symptoms:

The following signs and symptoms of HFMD normally go away within 7 to 10 days:

- Sore throat
- High temperature, above 38°C
- Lack of appetite
- Sores or painful red blisters in or around the mouth, throat, hands, feet and sometimes on the thighs and bottom

Hand, foot and mouth disease is easily passed on to other people. It's spread in coughs, sneezes and poo. HFMD is infectious from a few days before the start of any symptoms, but is most likely to be passed to others in the first 5 days after symptoms start. Thorough hand washing is the best prevention.

Your child can return to school as soon as they feel well enough. There is no need to wait until the blisters have healed and this will not help prevent the spread of HFMD.

HFMD usually goes away on its own without treatment but it is advisable to visit your GP if symptoms do not improve after 7 – 10 days

In the case of expectant mothers there is normally no risk to the pregnancy or baby, it is however best to avoid close contact with anyone who has hand, foot and mouth disease. Speak to your GP or midwife if you have been in contact with someone with hand, foot and mouth disease.

Yours sincerely

Mr Paul Beveridge
Headteacher

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