



4 October 2019

Dear Parents/ Guardians

We have recently had a pupil in the school diagnosed Hand, Foot and Mouth disease. This is a very contagious disease and we would ask you to be mindful of the symptoms if your child becomes unwell. The symptoms include:

- **A sore throat**
- **A temperature above 38 degrees**
- **Not wanting to eat**
- **After a few days, mouth ulcers and a rash will appear**

Hand, foot and mouth disease normally clears within 7-10 days. We would ask that while your child still feels unwell that they are kept at home due to the contagious nature of this disease. Please use the NHS link below to read more about the disease and guidance for treatment if your child does become unwell.

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

Yours sincerely

Bethany Connaughton
School Nurse