

# Advice to parents and guardians

## Hand, foot, and mouth disease (Including Coxsackievirus)



Freshfield Nursery School  
42 Mauldeth Road  
Heaton Mersey  
Stockport  
SK4 3NB

Dear Parent or Guardian,

There has been a case of **Coxsackievirus/hand, foot and mouth disease** within the **nursery** and your child may have been exposed.

### **What is hand, foot and mouth disease?**

This is a disease caused by a group of viruses which usually affects young children. It causes blisters on hands and feet, and mouth ulcers inside the cheeks and on the tongue. They may also have a sore throat and high temperature. These symptoms last for 7–10 days.

### **Is it dangerous?**

No. All make a full recovery.

### **Is it the same as foot and mouth disease in cows?**

No. A completely different virus causes foot and mouth disease in cows.

### **How is it spread?**

The virus is spread by coughs and sneezes and is also found in the faeces (poo) of infected children. Some children infected with the virus do not have symptoms but can still pass it to others.

### **Is there any treatment?**

There is no specific treatment for hand, foot and mouth disease – it is usually a mild and self-limiting illness. If a child feels unwell paracetamol may help. Antibiotics and creams or ointments for the blisters are not effective. Children recover just as quickly without them.

### **What is the incubation period (period before infection develops)?**

Symptoms start 3-5 days after exposure to the virus.

### **How long are children infectious?**

Someone with hand, foot and mouth disease is most infectious from just before their symptoms start until they're feeling better.

### **How long should children stay away from school?**

Children who are unwell should be kept off school until they are feeling better.

Keeping children off school for longer than this is unlikely to stop the virus spreading. There may be other children in the school who appear well but are spreading the virus.

## Can you catch it more than once?

Yes, but children who are ill during an outbreak at school or nursery are unlikely to get it again during the same outbreak.

## How can spread be prevented?

- ✓ stay off work, school or nursery 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
- ✓ 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

Thank you for giving this your attention. You can find further information on hand foot and mouth disease either from your GP or NHS <https://www.nhs.uk/conditions/hand-foot-mouth-disease/> you can also scan the QR code here on your mobile phone.

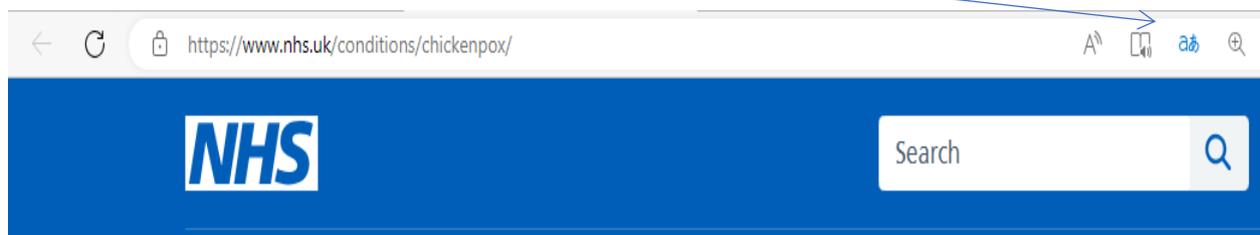


Kind regards

Freshfield Nursery School

To translate this and information from NHS Choices into other languages follow these steps:

1. Click on web address above or search [www.nhs.uk/conditions](http://www.nhs.uk/conditions) and choose a condition.
2. Once chosen, right click on an empty area of that webpage
3. Then select "Translate to English" from the drop-down menu
4. In the top right-hand side of the address this symbol will appear



5. Click on this symbol  and a drop down of more languages will appear.