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Executive Headteacher: Ms Nicole Reid
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Dear Thomas Fairchild Families,

Re: Hand, Foot and Mouth

We are writing to inform you that we have more than one confirmed case of hand, foot and mouth in our Early Years this week. Therefore, we would like to take this opportunity to remind you of the procedure for when to keep your child at home and when it is appropriate to send them back to school, should your child develop the symptoms.

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. You can find NHS information here: <http://www.nhs.uk/Conditions/Hand-foot-and-mouth-disease>

Symptoms of hand, foot and mouth disease:

- 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 have to let it run its course. You should keep your child off school or nursery while they're feeling unwell, as the illness can spread easily. But as soon as they're feeling better, they can return to school. There's no need to wait until all the blisters have healed.

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.

We appreciate your understanding on this and if you have any questions, please do not hesitate to get in contact with us.

Kind Regards,


Matt Trahair
Headteacher