



Dear Parent/Carer

We are aware that two cases of hand, foot and mouth disease have been reported over the last week within the nursery.

Hand, foot and mouth disease is a relatively common mild viral illness that will get better on its own without treatment.

The symptoms

- Loss of appetite
- Cough
- Non-itchy red rash
- Ulcers/blisters in the mouth and on the hands and feet.

The illness is passed on through contact with the discharges from the nose, throat or faeces of these infected. It may also be spread by direct contact with the rash or saliva.

Prevention

- Everyone should wash their hands after every visit to the toilet and before meals.
- Everyone should have their own towel at home or use single use paper towel to dry hands.
- Used paper tissues should be binned straight away.

Exclusion

If your child shows any signs and symptoms of hand, foot and mouth disease; or if they feel unwell, they should be kept off nursery until they are better, to avoid the spread of the disease.

Kind Regards

Rosemary Lane Nursery School