

Hand, Foot and Mouth disease

Description: Hand, foot and mouth disease is a common infection that causes ulcers and spots on the hands and feet, and particularly affects young children under 10yrs.



Symptoms:

- A high temperature
- General feeling of being unwell, loss of appetite and possible tummy pain
- Coughing
- Sore throat and mouth
- Tummy pain

A few days later:

- Red spots will appear on the tongue and inside mouth
- These will develop into larger yellow-grey mouth ulcers with red edges. These will make eating and swallowing difficult
- Soon after the mouth ulcers appear, you will probably notice a small rash on the backs of the hands, soles of the feet and occasionally around the buttocks and groin areas
- These spots may turn into small blisters with a grey centre, can be itchy or uncomfortable, and can last up to 10 days

How is it spread?

You can pick the virus up from:

- Close contact with an infected person – breathing in the bacterium droplets from coughs and sneezes
- Infected persons stools' where they haven't washed their hands properly after going to the toilet
- Fluid from blisters transferring via touch to mouth

How long is it infectious?

The infection will normally pass in 7-10 days and will remain infectious until the blisters have dried.

How long should my child stay home from school?

The child will probably stay away from school until they generally feel better. There is usually no need to wait until the blisters have healed. Inform the school so extra hygiene protocol can be put in place.