Dear Prep Parents,

Your child may have recently been exposed to Hand, Foot & Mouth Disease (Enterovirus).

Although the name of this illness sounds similar to Foot-and-Mouth Disease found in animals, Hand, Foot & Mouth Disease is a completely unrelated disease.

Hand, Foot & Mouth Disease is a common childhood illness characterised by fever, sores in the mouth, and a rash with blisters most commonly found on the hands and feet.

What are the symptoms of HFMD?
This illness is generally mild. Symptoms include tiny blisters in the mouth and on the fingers, palms of hands, buttocks, and soles of the feet. Common cold signs and symptoms with fever, sore throat, runny nose, and cough may also be present.

How is HFMD spread?
The virus is spread through coughing and sneezing, through the fluid from blisters on the hands and feet or faecal transmission.

How do you control the spread?
- Wash hands frequently and thoroughly
- Teach children to cover their noses and mouths with a tissue or their arm when coughing or sneezing.
- When using a tissue, wash hands
- Keep sick children at home until they are feeling well and all blisters have dried
- Ensure rigorous cleaning of the environment when there have been children with HFMD to help to break the chain of infection. HFMD virus can survive in the environment, usually on surfaces such as bench tops, door handles and toys.

Exclusion
Please exclude your child when blisters are evident.
Children with Hand, Foot and Mouth Disease should be excluded from school until all blisters have dried.

Yours sincerely

Jason Walker
Principal