



Growing Together For Success

# ASHGROVE SCHOOL

48 Seddon Street  
Rangiora 7400  
Phone: 03 313 8552

Email: [admin@ashgrove.school.nz](mailto:admin@ashgrove.school.nz)  
Website: [www.ashgrove.school.nz](http://www.ashgrove.school.nz)

31st May 2018



Dear Parents/Caregivers

On the back of this sheet there is information regarding Hand, Foot and Mouth disease. Hand, Foot and Mouth disease has appeared in one of our classrooms of our Mahuri department.

As a precaution, we recommend you read the information on the reverse of this letter and check to see if your child has symptoms of this infectious condition.

If you require more information you can obtain advice from your GP or <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/hand-foot-and-mouth-disease>

Christine Chadwick  
Principal



# Information Sheet

## Hand, foot and mouth disease

Anyone can get hand, foot and mouth disease, but it is most common in children under 10. If your child has hand, foot and mouth disease, they'll have painful sores in their mouth and a rash with blisters on their hands and feet. Human hand, foot and mouth disease is not related to foot and mouth disease in animals. ***Keep your child home from school until the fever is gone and their mouth sores have healed.***

## Symptoms

Mild fever is usually the first sign of hand, foot and mouth disease. This starts 3–5 days after your child has been exposed to the disease.

After the fever starts, your child may develop other symptoms, including:

- painful red blisters on their tongue, mouth, palms of their hands, or soles of their feet
- loss of appetite
- a sore throat and mouth
- a general feeling of weakness or tiredness.

The disease is usually mild and lasts 3–7 days.

It can be confused with:

- chickenpox (but the chickenpox rash is all over the body)
- cold sores in a child's mouth.

## What to do

- The only medicine recommended for hand, foot and mouth disease is paracetamol.
- Most blisters disappear without causing problems. In the mouth, however, some may form shallow, painful sores that look similar to cold sores. If your child's mouth is sore, don't give them sour, salty or spicy foods.
- Make sure they drink plenty of liquids to avoid getting dehydrated.
- **Call Healthline 0800 611 116 if you are unsure what you should do.**

## How hand, foot and mouth disease is spread

Hand, foot and mouth disease is spread by coughing or sneezing, or by contact with mucus, saliva, blisters or the bowel movements of an infected person. Children are contagious ('catching') for around 7–10 days. If your child has only a few blisters on their hands or feet (and none in their mouth) they could attend childcare or school if the blisters can be covered and they're feeling well.

- Frequent hand washing helps decrease the chance of becoming infected.
- Staying away from others who have the disease and not sharing toys during the infection also helps prevent the disease.