

Cuckney Church of England Primary
School
School Lane
Cuckney
Mansfield
Notts NG20 9NB

office@cuckney.notts.sch.uk

Telephone: 01623 842223

Fax: 01623 845391

Headteacher: Mrs L C Crossland



Dream, Believe, Achieve
'Nothing will be impossible with God' Luke 1:37

Thursday 19th December 2024

RE: Hand, foot and mouth cases

Dear Parents / Carers,

We have a number of cases of hand, foot and mouth disease in one of our younger classes. I have been in contact with the local HSE department today for advice on managing the situation. We are fortunate that the holiday period begins at the end of this week so there is a natural break for the children, in term of managing the spread. As for all illnesses, if your child is feeling unwell, we recommend that you keep your child at home. Please find the information below from the NHS website.

Hand Foot and Mouth Disease -

Hand, foot and mouth disease is a common childhood illness that can also affect adults. It usually gets better on its own in 7 to 10 days. Hand, foot and mouth disease is not the same as foot and mouth disease that affects farm animals.

Symptoms –

The 1st symptoms of hand, foot and mouth disease can be:

- a sore throat
- a high temperature
- not wanting to eat

The 2nd stage usually starts a few days later and symptoms can include:

- [mouth ulcers](#), which can be painful
- a raised rash of spots on the hands and feet, and sometimes the groin area and bottom

The rash of spots can look pink, red, or darker than the surrounding skin, depending on your skin tone. The spots can turn into blisters, which might be grey or lighter than surrounding skin and can be painful. Symptoms are usually mild and are the same in adults and children.

How to treat hand, foot and mouth disease yourself -

Hand, foot and mouth disease usually gets better on its own in 7 to 10 days. You cannot take antibiotics or other medicines to cure it.

To help the symptoms:

- drink cool fluids to soothe the mouth and prevent dehydration (but avoid acidic drinks, such as fruit juice)
- eat soft foods like yoghurt and avoid hot, salty and spicy foods

- take [paracetamol](#) or [ibuprofen](#) to help ease a sore mouth or throat

A pharmacist can help with hand, foot and mouth disease

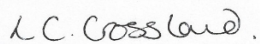
Ask a pharmacist for advice about treatments, such as mouth ulcer gels, sprays and mouthwashes, to relieve pain. They can tell you which ones are suitable for children.

Further information can be found at <https://www.nhs.uk/conditions/hand-foot-mouth-disease/>

To reassure you, school has also implemented and enhanced cleaning schedule, similar to that used during Covid.

If you have any further questions or would like to discuss anything contained in this letter, please contact the school office at office@cuckney.notts.sch.uk or 01623842223

Thank you for your continued support.

A handwritten signature in black ink, appearing to read 'L.C. Crossland'.

Mrs Lisa Crossland
Headteacher