



## You have told us your child has Hand, Foot and Mouth

You may be confident to care for your child and know what steps to take. If not, we hope this information will be useful.



**advice says:** 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.

**If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off.** Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Check if it's hand, foot and mouth disease:

The <b>1st symptoms</b> of hand, foot and mouth disease can be:	The <b>2nd stage</b> usually starts a few days later and symptoms can include:
<ul style="list-style-type: none"><li>• a sore throat</li><li>• a high temperature</li><li>• not wanting to eat</li></ul>	<ul style="list-style-type: none"><li>• mouth ulcers, which can be painful</li><li>• a raised rash of spots on the hands and feet, and sometimes the groin area and bottom</li><li>• The rash of spots can look pink, red, or darker than the surrounding skin, depending on your skin tone.</li><li>• The spots can turn into blisters, which might be grey or lighter than surrounding skin and can be painful.</li><li>• Symptoms are usually mild and are the same in adults and children.</li></ul>



**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.

**We look forward to seeing your child back in school as soon as possible. Please do not hesitate to contact us if you need any advice or support regarding their health or wellbeing.**

All the NHS advice above can be found here

<https://www.nhs.uk/conditions/hand-foot-mouth-disease/>