



# ST ALOYSIUS

## CATHOLIC COLLEGE

28<sup>th</sup> June, 2019

Dear Parents/Guardians,

### **Hand, Foot and Mouth Disease**

The College has been advised there is a case of Hand, Foot and Mouth Disease.

This illness is generally a mild viral illness caused by viruses called coxsakievirus or enterovirus and is not related to the animal disease called Foot and Mouth Disease. It occurs worldwide, mainly in children under 10 years of age but can also occur in older children and adults and is most common in the summer and autumn months.

This illness may cause no symptoms or only very mild symptoms. Those symptoms that commonly occur are blisters that start as small red dots and later become ulcers. These blisters usually occur inside the cheek, gums or on the side of the tongue.

Children with this illness may have a low grade fever, sore throat, tiredness, feel off colour and not eat for a day or two. Very rarely, these viruses, may cause other illnesses. If you have any concerns please see your doctor,

Hand, foot and mouth disease is usually spread by person to person through contaminated hands. It may also be spread from mouth or respiratory system and by direct contact with the fluid in the blisters.

There is usually no treatment necessary. Good hygiene practices are the most effective way of controlling the spread of this infection. Wash hands with soap and water after going to the toilet, before eating and after wiping noses. Avoid sharing cups, eating utensils or items of personal hygiene. Cover the mouth and nose when coughing or sneezing.

Children with this illness should be excluded from school until the blisters have dried.

This illness should be reported to the College.

Yours sincerely,

Brendan Gill  
Co Principal

Joseph Sandric  
Co Principal