



## **WE HAVE A CASE OF HAND, FOOT AND MOUTH DISEASE IN THE PRIMARY SCHOOL**

Here's yet another reason to encourage kids to wash their hands: it can help prevent the spread of hand, foot, and mouth (HFMD) disease.

### **CONTAGIOUSNESS**

HFMD disease is generally caused by one of two viruses: coxsackievirus and enterovirus.

These viruses live in the body's digestive tract and spread from person to person, usually on unwashed hands

Hand, Foot and Mouth Disease usually affects preschool children.

Outbreaks usually occur during the warm summer and early fall months

Incubation time is 3 – 8 days.

The children are most contagious a week before the first symptoms shows...

### **SYMPTOMS**

HFMD disease causes painful blisters in the throat, tongue, gums, hard palate, or inside the cheeks.

The soles of the feet and the palms of the hands also may be affected.

Blisters are red with a small bubble of fluid on top. Occasionally, a pink rash may be seen on other parts of the body, such as the buttocks and thighs. However, some children with HFMD disease develop no symptoms at all, or, if they do, may only have sores in the back of the throat.



It can be hard for a parent to tell if a child (especially a preverbal child) has HFM disease if sores are only inside the mouth or throat. Very young kids may not be able to complain of a sore throat, but if a child stops eating or drinking, or wants to eat or drink less often, it should send a signal to parents that something is wrong.

A child may also:

- develop fever, muscle aches, or other flu-like symptoms
- become irritable or sleep more than usual
- begin drooling (due to painful swallowing)

## **TREATMENT**

There is no treatment that will take away the virus!

As you might know antibiotics only work against bacteria, they can't be used to fight a virus.

The aim is to ease symptoms until the illness goes away (which it normally does within a week).

If the child is uncomfortable with a high temperature or suffers from a sore mouth you can give them Paracetamol. Plenty to drink (or ice lollies) and cool foods such as yoghurt may be best for a day or so, especially if the mouth is sore.

If your child is continually irritable or refusing food or drink, please consult your doctor.

## **COMING TO SCHOOL OR NOT:**

If your child is running fever or otherwise unwell – please keep your child at home.

If your child is 'only' showing symptoms on the skin and feeling well, then they can attend school.

## **PREVENTION**

*Best way is to wash hands, wash hands and wash hand 😊*

***If you have any concerns or questions please contact the School Health Nurse [nurse@cis.dk](mailto:nurse@cis.dk)***



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