

## Information regarding Hand, Foot & Mouth Disease (手足口病)

Hand, Foot and Mouth Disease (手足口病) is a highly contagious viral disease caused by one of the Coxsackie A Viruses.

Signs and symptoms include the following:

- 1) low-grade fever, 101F---38C (in some cases)
- 2) sore throat
- 3) fatigue and generalized weakness
- 4) lesions or sores on back of throat, gums, side of tongue or inside of cheeks
- 5) lesions rupture, leaving shallow ulcers
- 6) red rash (like little blisters) on hands and soles of feet in addition to oral lesions
- 7) virus can also produce lesions on hands, feet, and buttocks, without
- 8) oral lesions
- 9) rash may persist for 1 week or longer

If you notice any of these symptoms in your child, it is advisable that you consult a physician to confirm the diagnosis. This is a virus so antibiotics will not help.

Treatment for Hand, Foot and Mouth Disease involves treating the symptoms of the disease. The disease is transmitted by direct contact with nose and throat secretions of infected individuals. Cover the mouth when coughing and frequent hand washing help to prevent its spread. Incubation period is 3 to 5 days.

Please see the following website for up-to-date information concerning this illness:  
NHS Direct - <http://www.nhs.uk/conditions/hand-foot-and-mouth-disease/Pages/Introduction.aspx>

If you have trouble accessing these websites or would like any further information please contact the School Nurses:

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Best Regards,  
The British School in Tokyo  
Health & Safety Office