

Monday 22nd June, 2009

**Health Update: Coxsackie Virus
(Hand, foot and mouth disease)**

Dear Parents,

I would like to inform you that we have a mild form of coxsackie virus, commonly known as hand, foot and mouth disease which is more common in summer months and in children under the age of 10.

Coxsackie virus is contagious viral infection characterised by pharyngitis fever (sore throat) and a rash particularly on the hands and feet. The incubation period is 3 to 5 days and the rash may persist for 1 week or longer.

If you suspect your child may have coxsackie virus, please see your doctor.

Please **do not send your child back to school until they have been without a fever for 24 hours.**

The best prevention for common infections such as coxsackie virus is frequent hand-washing. Please encourage your child to wash their hands frequently throughout the day.

For further information I recommend the website: www.kidshealth.org

Have a safe and healthy summer!

Tracey
(ECLC Deputy Head)