**Hand, Foot and Mouth.**

At 100 Acrewood Pre-school we are aware that children can become ill with infectious illnesses and when children start nursery their immune system can get a shock and young children to tend to put things in their mouths as they explore new objects and they can pick up childhood illnesses such as Hand, Foot and Mouth and Chickenpox and Conjunctivitis.

With the recent rise in cases for Hand, Foot and Mouth in Nurseries, we have now included this policy to be followed, to protect cases rising for both children and staff.

**Hand, Foot and Mouth.**

Is a viral infection part of the virus family (coxsackievirus) that the common cold, conjunctivitis and other common illnesses come from, making it a highly contagious infection that can spread easily.

Hand, Foot and Mouth can spread through personal contact, spreading through coughing and sneezing, contamination spreading, and through infected body fluids such as saliva, snot, faeces and popped blisters.

Children can experience different levels of severity and symptoms often present a high temperature, a sore throat and lack of appetite.

A few days later they can experience secondary symptoms which can include a rash on feet, hands and sometimes legs, bottom and groin area, mouth ulcers.

The rash may turn into blisters that can be sore to touch.

The first five days after symptoms start are the most contagious.

Doctors do not usually prescribe medication for Hand, Foot and Mouth and it does generally clear up within 7-10 days on its own.

Calpol and Nurofen may be given to relieve the pain and discomfort.

Doctors will say children can go to Nursery.

At 100 Acrewood Pre-school, due to how contagious Hand, Foot and Mouth is and how cases spread very quickly, we have decided to have a policy set for this and contagious illnesses.

Your child can feel unwell with Hand, Foot and Mouth, so it is best to keep them at home and we ask that you do not bring them back into Nursery until, all their scabs have dried up and they have no temperature.

As with Chickenpox we ask that you keep your child off Nursery until all the scabs have dried ups and that your child has no more symptoms and is well enough to come back to Nursery.

If your child is having Calpol or Nurofen we have a policy that states that children are not allowed into the Nursery.

We ask that you do not bring your child in with any infectious illnesses as these can spread quickly in the Nursery and we try hard to avoid the spreading of these illnesses for both the children and the staff as we are such a small team.

Date: 14/10/2024

J A Earle

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