



Milton Mount Primary School
Grattons Drive, Pound Hill, Crawley, West Sussex, RH10 3AG
Tel: 01293 537158 Fax: 01293 528782
Email: office@miltonmount.w-sussex.sch.uk

I have found NHS Choices Website good for detailed information on this disease.

The symptoms of hand, foot and mouth disease (HFMD) usually develop 3-5 days after initial exposure to the infection. This time is known as the incubation period. Early symptoms of HFMD include:

- a high temperature (fever); usually around 38- 39°C (100.4-102.2°F)
- loss of appetite
- cough
- abdominal pain
- sore throat

Occasionally, hand, foot and mouth disease can cause vomiting.

Preventing the spread of infection

HFMD is very contagious. The best way to avoid catching and spreading it is to avoid close contact with people who have the disease and to practise good hygiene.

- Always wash your hands after going to the toilet and handling nappies, and before preparing food.
- Encourage them to wash their hands regularly.

If you have any concerns please contact you GP

Miss K Paddington

Mrs T Goodbourn

Headteacher: Mrs A Holmes B.Ed(Hons)