

8th May 2018

Dear Parents and Families,

We are writing to inform you that from time to time students experience cases of wart/verruccas and we thought it would be helpful to give you a little further information.

Verrucas are caused by a virus that invades the skin through tiny cuts or scrapes. It can take some weeks, or even months, for a verruca to appear after you have caught the infection. Like other viral infections, verrucas are contagious, commonly spread from the surface of floors in public swimming pools, communal showers, or even your shower at home. Since most people build immunity to the virus with age, verrucas are more common in children than in adults.

What are the symptoms?

Veruccas:

- develop on the soles of the feet
- are white, often with a black dot in the centre
- tend to be flat rather than raised
- can be painful if they're on a weight-bearing part of the foot

Treatment: There are some treatments available over the counter, however it is better to see a doctor because they can give you the right diagnose and best treatment!

How can you prevent verrucas?

Protect yourself against exposure to the virus that causes verrucas by wearing shower shoes, verruca socks, flip-flops, or rubber swimming shoes whenever you visit a public pool or use a communal shower or changing room. Wash your feet thoroughly with a disinfectant soap after being in an area where the virus can spread.

Other tips: Don't touch someone else's verruca. Don't share towels or flannels with someone who has a verruca. Don't share shoes or socks with someone who has a verruca. Don't scratch or pick your verruca as this could make it spread to other parts of your body. Keep your feet dry and change your socks every day.

For Further information and advice, please visit the NHS website: <https://www.nhs.uk/conditions/warts-and-verruccas/>

If you have any further questions about health issues and school, please do not hesitate to contact the student office.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Barry Blakelock'.

Mr B. Blakelock
Headteacher Rye College and Studio School