

## **ADVISORY INFORMATION- HAND, FOOT AND MOUTH DISEASE**

A few cases of Hand, foot and Mouth disease (HFMD) have been reported among students of junior school in the past one week.

It is a common, self- limiting but highly contagious viral disease that usually affects infants and children of less than 5 years old. But, sometimes even older children and adults may be affected. It is caused by Enterovirus genus, most commonly, strains of coxsackievirus

### **Mode of Transmission**

Spreads by contact with nose and throat discharges, saliva or other secretions of infected persons, or after touching contaminated objects

### **Signs and Symptoms**

- Fever
- Sore throat
- Malaise and loss of appetite
- Red blister like lesions around or inside mouth, palms, soles, hands, feet and sometimes buttocks.

### **Treatment**

No specific treatment and only symptomatic treatment such as acetaminophen or ibuprofen is given for fever and discomfort. Signs and symptoms usually disappear in 7-10 days.

### **Prevention and Control**

- Wash yours and child's hands frequently with soap and water.
- Avoid sharing cups, towels and utensils and disinfect premises and all infected materials such as cups, towels, utensils.
- Avoid close contact such as hugging and kissing a child who is infected.
- Disinfect the classroom surfaces that people frequently touch
- Teachers and Parents should check for symptoms of HFMD to prevent spread. Parents need to inform their respective class teacher if their child is diagnosed with the same. It is important for the school personnel to know so staffs and parents can be told to watch for symptoms.
- Parents please refrain from sending your child to school until rashes have healed completely and no fever for atleast last 24 hours (atleast 7-10 days from onset of symptoms).
- Any child with rash should avail a medical prescription from consulting doctor stating that he/she is not contagious or infectious if child is re-joining class before contagious period ie 7 days from onset of symptoms

Warm Regards,

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