



HEALTH ADVISORY - HAND, FOOT AND MOUTH DISEASE

Dear Parents,

Hand, Foot and Mouth disease (HFMD) is a fast spreading, common and a highly contagious viral disease that usually affects infants and children less than 5 years old. But, sometimes even older children and adults may be affected by the disease. It is caused by Enterovirus genus, most commonly, strains of coxsackie virus.

Mode of Transmission

The disease spreads on touching contaminated objects or coming in contact with an infected person's nasal and throat discharges, saliva or other secretions.

Symptoms

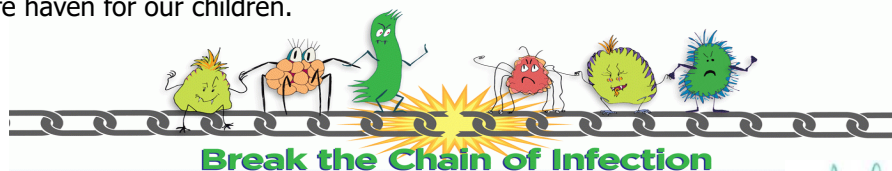
- Fever
- Sore throat
- Malaise and loss of appetite
- Red blister like lesions around or inside mouth, palms, soles, hands, feet and sometimes buttocks.

Prevention and Control

- Washing of hands frequently using 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 surfaces that people frequently touch.
- Parents should check for symptoms of HFMD to prevent the spread of disease. Parents need to inform their respective class teachers, if their child is diagnosed with the same. It is important for the parents to watch for symptoms.
- Parents are requested to refrain from sending their child to school until rashes have healed completely and no fever for at least last 24 hours (at least 7-10 days from onset of symptoms).
- Any child with rash will be allowed to attend school only after showing a medical certificate from the consulting doctor stating that he/she is not contagious.



The school firmly believes that if we remain alert and aware, we can keep our children safe and healthy. Let's join hands, prevent the spread of Hand, Foot & Mouth Disease (HFMD), and make our homes and school, a safe haven for our children.



Asha Prabhakar

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

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