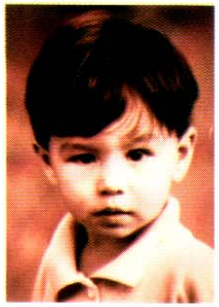

LOVE YOUR CHILD • PREVENT THE HAND, FOOT & MOUTH DISEASE

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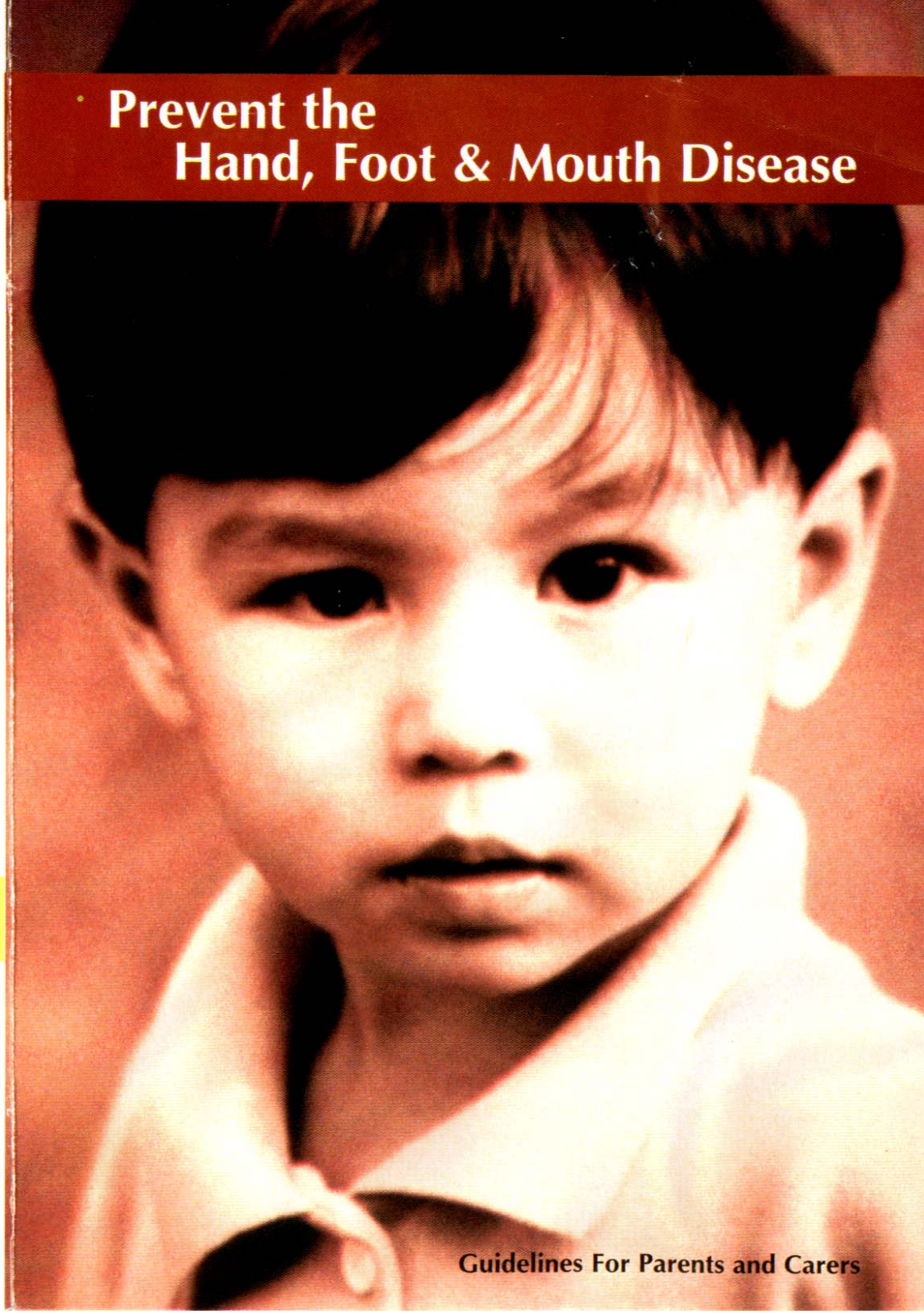
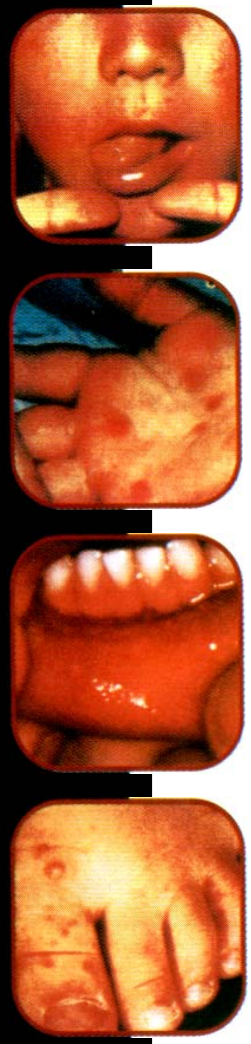
Prevent the Hand, Foot & Mouth Disease



Guidelines For Parents and Carers

- **The hand, foot and mouth disease** is caused by a virus (of the enterovirus group) that usually infects children below the age of 10.
- Infection occurs due to lack of personal hygiene or exposure to the virus in crowded places and environment.
- The disease is contracted through direct contact with infected people, and their stools, saliva and nasal secretions.
- Most of the cases are not fatal. However, in serious cases it can damage the heart and the nervous system.
- To prevent the infection from spreading, every family member is advised to practise good personal hygiene.



Signs and Symptoms of the Disease

- Rashes and blisters on hands, feet and the napkin area / buttocks
- Throat and mouth ulcers
- Fever
- Headache
- Loss of appetite
- Vomiting

Prevention Steps

- Wash hands with soap and clean water before preparing food, after going to the toilet, after changing diapers and after contact with your child's stools.
- Cover your mouth and nose when sneezing or coughing.
- Do not share personal items like toothbrushes, handkerchiefs, towels, blankets, cups, forks and spoons.

- When coming home after work, take a shower and change your clothes before handling / playing with your baby or younger children.
- Clean objects that might have come into contact with your child's saliva / secretions; such as toys, table surfaces, chairs and floor surfaces.
- Refrain from bringing younger children to crowded public places such as shopping centres, cinemas, swimming pools, markets and bus stations.

If your child shows signs and symptoms of the hand, foot & mouth disease:

- Take the child to see a doctor immediately.
- Do not send the child to the nursery, kindergarten, the babysitter's place or to school.
- Wipe all secretions from the child's mouth and nose with tissue paper.