



# All About Hand, Foot & Mouth Disease



手足口症須知  
Segalanya Tentang  
Penyakit Tangan, Kaki  
Dan Mulut (HFMD)

கை கால்  
வாய் நோய்  
பற்றி தெரிந்து கொள்ளுங்கள்

## WHAT IS HAND, FOOT AND MOUTH DISEASE (HFMD)?

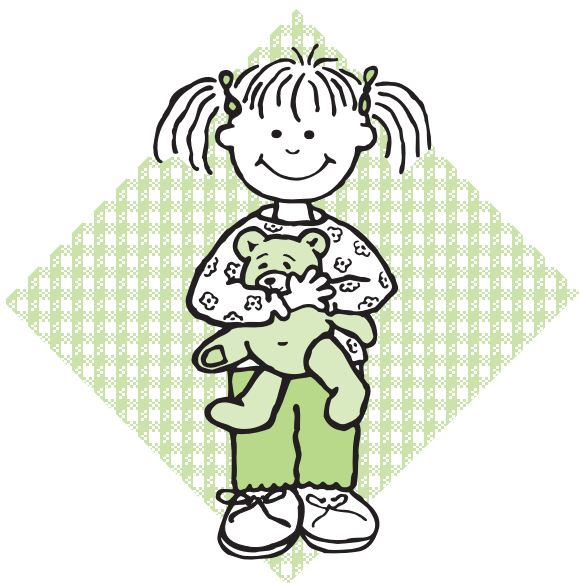
HFMD is an infectious disease caused by certain viruses. It is a common disease which has been around for many years.

## WHO DOES IT AFFECT?

It affects all age groups but young children, under the age of 5 years, are more likely to be infected.

## HOW DOES IT SPREAD?

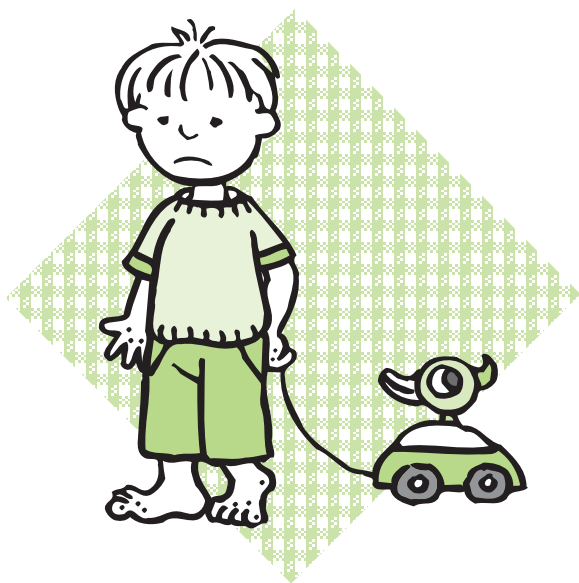
HFMD is spread through direct contact with saliva, nasal discharge, faeces or the fluid from the blisters of an infected person. It can also be spread indirectly through articles contaminated by these secretions. Outbreaks can occur in childcare centres, kindergartens and schools.



## HOW DO YOU KNOW IF YOUR CHILD HAS HFMD?

Your child may have some of the following signs and symptoms :

- fever for 2 – 3 days
- sore throat
- runny nose
- small fluid-filled blisters on the hands (especially the palms), feet and occasionally on the buttocks, arms and legs (see back cover)
- mouth ulcers
- loss of appetite
- vomiting and/or diarrhoea
- tiredness.



## WHAT SHOULD YOU DO IF YOUR CHILD HAS HFMD?

- Bring your child to your family doctor or nearest polyclinic.
- Encourage your child to drink plenty of fluids. You may need to give small amounts (e.g. 30ml) frequently (e.g. half hourly).
- Change to a soft diet such as mashed potatoes, porridge or pureed fruits.
- Give medications prescribed by the doctor, such as paracetamol syrup for fever and pain, and soothing gel for the mouth ulcers.

**In most cases, your child's immune system will overcome the infection in time and he will recover.**



## IS HFMD SERIOUS?

In most cases HFMD is **mild**. However, a few children who are infected with rare strains of the virus can become very ill. For example, HFMD can give rise to :

- disorientation, drowsiness and/or irritability
- fits
- severe headache, giddiness or neck stiffness
- breathlessness or turning blue
- dehydration – this can happen due to continuous vomiting, diarrhoea or poor fluid intake as a result of painful mouth ulcers. The child is very tired, has a dry tongue and may pass very little urine.

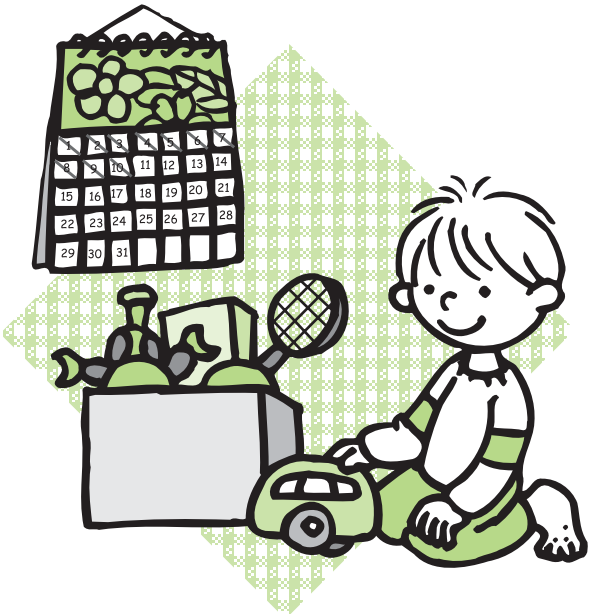
**If you notice any of the above, bring your child to the Emergency Department of the nearest hospital immediately.**



## WHAT CAN YOU DO TO PREVENT THE SPREAD OF HFMD?

HFMD is **highly contagious**. Here is what you should do if your child has HFMD:

- Keep your child away from public places.
- Get everyone at home to wash their hands frequently with soap.
- Keep his toys, books, eating utensils, towels and clothes separate from others.
- Inform the school, kindergarten or childcare centre as soon as possible. They can monitor other children closely and take additional precautions to prevent the spread of HFMD.
- Keep your child at home until he is fully recovered. Consult your doctor before sending him back to the school, kindergarten or childcare centre.





The types of blisters you may see in Hand, Foot and Mouth Disease.

手足口症患者身上所显示的水泡类型。

Jenis-jenis lepuhan yang anda mungkin lihat pada Penyakit Tangan, Kaki dan Mulut.

கை, கால், வாய்  
நோயில் நீங்கள்  
காணக்கூடிய கொப்புளம்,  
புண் வகைகள்.