

# Prevent the Hand, Foot & Mouth Disease



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



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## Guidelines For Parents and Carers

- The hand, foot & mouth disease is caused by a virus (of the enterovirus group) that usually infects children below the **age of 5**.
- Infection occurs due to lack of personal hygiene or exposure to the virus in crowded places and environments.
- The disease is contracted through direct contact with infected people, and their faeces, 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
- Throat and mouth ulcers
- Fever
- Headaches
- Loss of appetite

### Prevention Steps

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



- After work, take a shower and change your clothes before playing with your baby or younger children.
- Clean objects that might have come into contact with your child's saliva; 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 symptoms of the hand, foot & mouth disease:

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

