

HAND, FOOT AND MOUTH DISEASE

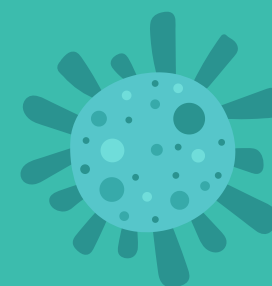


WHAT IS HFMD?

- Common infectious disease.
- Affect mainly children age less than 5 years (can also be up to 10 years).
- Spread by direct contact with the nasal discharge, saliva, feces and fluid from the rashes of an infected person.

WHAT CAUSES HFMD?

- Commonly caused by Enterovirus group including coxsackievirus A16, Enterovirus 71 (EV71) and echoviruses.



SYMPTOMS

- Fever.
- Sore throat.
- Painful sores in the mouth.
- Poor appetite.
- Lack of energy.
- Skin rashes with red spots sometimes with blisters on the palms of the hands and soles of the feet, buttocks and genital area.



COMPLICATIONS



- This is usually a mild illness with the rash healing in 5 to 7 days.
- Cases can worsen when it involves the nervous system and heart.

TREATMENT

- There is no specific treatment.



HOW DOES IT SPREAD TO ANOTHER PERSON?

- Close personal contact (e.g. blister fluid).
- The air through coughing or sneezing (saliva, sputum or nasal mucus).
- Contact with contaminated objects and surfaces.
- Contact with feces.



PREVENTIVE MEASURES

- Consistent hand-washing practices with clean water and soap before preparing food, after going to the toilet, after changing diapers and cleaning feces.
- To cover mouth and nose when coughing or sneezing.
- Discouraging the sharing of clothes, towels, eating and drinking utensils and stuffed toys.
- To clean toys, chairs and tables if contaminated by children's saliva.
- Children should be kept away from crowded public places (schools, preschools, play groups, markets and public transport) if they show signs of infection.
- Stay at home if you are sick.

