



Preventive Measures for Hand, Foot, Mouth Disease (HFMD)

(1) Action To Take When Your Child Has HFMD

- (a) Inform the Admin office, Teacher and bus aunty (if applicable) about the child's absence.
- (b) Email/Submit the medical certificate to the Admin office or teacher for the early precaution measures. Please also remind the doctor to indicate the diagnosis on the medical certificate to facilitate our reporting to to Ministry of Health and Early Childhood Development Agency.
- (c) Keep your child at home and away from public places.
- (d) Ensure that your child has no more symptoms of HFMD and that the medical certificate issued by the doctor has expired before your child returns to school.
- (e) Looking out for signs and symptoms in other siblings.

(2) Preventive Measures by Parents

- (a) Daily checking on your child's general well-being. Consult a doctor and have your child rest at home if he/she is unwell. Please look out for HFMD symptoms as below:
 - Fever
 - Sore throat
 - Mouth ulcers on the inside of the mouth or sides of the tongue
 - Rash (flat or raised spots) or small blisters on palms of hands, soles of feet, and/or buttocks
 - Lethargy
 - Poor appetite

However, symptoms may vary between individuals, and at different stages of the disease. Eg. Some may only have a rash while others may show no symptoms at all.

- (b) Consistently remind your child to practice good personal hygiene. Teach your child to cover his/her nose and mouth with a tissue paper when sneezing and proper washing of hands with soap and water.

(3) Preventive Measures by School

- (a) Students who are not feeling well or having a body temperature of **38 °c & above** will be asked to go home and to consult a doctor.
- (b) Hands will be sprayed with sanitizer before children enter the classrooms.
- (c) Happy Toilet Campaign has been carried out since January to educate students about the importance of practising personal hygiene.
- (d) Daily disinfecting of table, chairs, floors and toys.

(4) Preventive Measures by Bus Operator

- (a) Bus attendant will do temperature-taking before your child board the school bus. Children with temperatures of **38 °c & above** will be deterred from boarding the school bus.
- (b) Parents are advised to keep your child at home or seek medication help.

We thank you for your understanding and co-operation in working together with us to control the spread of the HFMD in school.