

## **Hand Foot Mouth Disease- Supplementary Information**

Hand, Foot and Mouth Disease (HFMD) is a common illness of infants and children. It is characterised by fever, sores in the mouth, and a rash with blisters. HFMD begins with a mild fever, poor appetite, malaise (“feeling sick”), and frequently a sore throat. 1 or 2 days after the fever begins, painful sores develop in the mouth. They begin as small red spots that blister and then often become ulcers. They are usually located on the tongue, gums, and inside of the cheeks. The skin rash develops over 1 to 2 days with flat or raised red spots, some with blisters. The rash doesn't itch, and it is usually located on the palms of the hands and soles of the feet. It may also appear on the buttocks. A person with HFMD may have only the rash or mouth ulcers.

HFMD is moderately contagious. The incubation period of the disease is 3 to 7 days, with fever often being the first symptoms appear. Infection is spread from person to person by direct contact with nose and throat discharges, saliva, fluid from blisters, or the stool of infected persons. A person is most contagious during the first week of the illness.

The most effective course of action is to prevent the spread of this disease by using household disinfectant regularly on toys and common surfaces, and ensure that children are washing their hands thoroughly and frequently.

More information is available at <https://www.chp.gov.hk/en/healthtopics/content/24/23.html>, Please note that this information is in no way intended to replace the advice of your doctor. If you have any reason to believe that your or your child may have HFMD, please do not send him/her to school, and consult with your doctor. Please also inform us as soon as possible if such a diagnosis has been made for your child.

We continue to clean all classroom materials thoroughly, and will continue to be vigilant at school. If you have any questions or concerns, please do contact us.