

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

### (1) Action To Take When Your Child Has HFMD

- (a) Inform the Admin office and Teacher about the child's absence.
- (b) Email/Submit the medical certificate to the Admin office, teacher and school bus aunty (if applicable) for the early precaution measures and reporting to MOH.
- (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.