

Hand, Foot and Mouth Disease (HFMD) - Policy

AGENT

Strains of enteroviruses, such as coxsackieviruses and echoviruses.

DESCRIPTION

Hand, foot and mouth disease (HFMD) is a common childhood illness. A person with HFMD often has the following symptoms: fever, poor appetite, malaise, sore throat and the appearance of small blistering sores in the mouth, on the palms of the hands, and on the soles of the feet. The sores fade without treatment in 7 to 10 days. Since several different types of viruses can cause HFMD, people can develop the disease more than once if exposed to a different virus type. HFMD is most common in children under 10 years of age.

INCUBATION PERIOD

Usually 3 to 6 days

HOW IS THE INFECTION BEING SPREAD?

Infection is spread from person-to-person through contact with nose/throat discharges or blister secret or stool of infected person. An infected person is most contagious during the first week of the illness. However, the virus can be present in the stool for 4 to 6 weeks.

HOW TO PREVENT FROM SPREADING

EXCLUSION

A student with HFMD must stay at home until a medical practitioner determines the condition is non-infectious (medical certificate is required).

Students with typical symptoms (e.g. small ulcers in the mouth, reddish pimple-like rash or small blisters on the hands and feet) must be sent home and checked by a medical practitioner.

CHECKING

If a student has HFMD, the School Nurse/First Aid Officer will check all siblings in school and the child's classmates every morning for one week.

CLEANING

School Nurse/First Aid Officer will instruct cleaners to clean the classroom thoroughly.

Toys or appliances which might be contaminated by nasal or oral secretions must be cleaned with germicide.

Carpets should be taken out to be cleaned.

School Nurse/First Aid Officer will check the school buses and encourage the drivers to use germicide.

HYGIENE

Encourage students to cover their mouth and nose when coughing.

Dispose tissues soiled with nose/throat discharges properly.

Encourage frequent hand washing.

Practice good personal hygiene.

Don't share eating utensils, food, or drinks.



CELEBRATE YOUR
Roots
DISCOVER YOUR
Wings

INFORMATION

Parents who has diagnosed their child with HFMD at home must inform the school immediately.

The First Aid Office will inform the parents of the child's classmates by sending out the Parent Information Letter.

Students with HFMD should avoid contact with other children until they have recovered. They should be kept away from crowded public places (schools, preschools, play groups, markets, public transport, etc.) if they show signs of infection.

TREATMENT

There is no specific treatment. Prescribed and over-the-counter medications can provide some relief from fever or aches and pains associated with the sores.