



# The International School

OF MACAO | 澳門國際學校

## Hand Foot Mouth Disease (HFMD)

Each year, we have students who contract Hand Foot Mouth Disease (HFMD). HFMD is a common viral illness that usually affects infants and children younger than 5 years of age. However, it can also occur in older children and adults. This disease is highly transmittable.

### Symptoms

This disease usually starts with a fever, poor appetite, a vague feeling of being unwell, and a sore throat. One or two days after the fever starts, blister-like sores usually develop in the mouth. Some people, especially young children, may get dehydrated if they are not able to swallow enough liquids because of painful mouth sores. A skin rash develops over 1-2 days. The rash has red spots, sometimes with blisters. It usually appears on the palms of hands and soles of feet; it may also appear on the knees, elbows, buttocks or genital area. Persons infected with the viruses that cause hand, foot, and mouth disease might not get all of the symptoms; they may only get mouth sores or a skin rash.

### Treatment

There is no specific treatment for hand, foot and mouth disease. However, some things can be done to relieve symptoms, such as:

- Taking over-the-counter medications to relieve pain and fever
- Resting
- Using mouthwashes or sprays that numb mouth pain

### Prevention

There is no vaccine to protect against the viruses that cause hand, foot and mouth disease. Parents can help lower the spread of these viruses by:

- Washing hands often (yours and your children's) with soap and water, especially after using the toilet.
- Cleaning and disinfecting frequently touched surfaces and soiled items, including toys.
- Frequently laundering uniforms and hats.
- Avoiding close contact such as kissing, hugging, or sharing eating utensils or cups with people with hand, foot and mouth disease.
- Keeping children at home if they have a fever.

### TIS Preventative Measures

1. Morning temperature checks to monitor children's temperature. Children with a fever will be sent home.



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2. Practicing diligent hand washing and cleanliness routines after outside and messy play activities, before meals and after going to the toilet.
3. Reminding children to cover their nose and mouth when sneezing or coughing.
4. Cleaning children's toys and other objects thoroughly.
5. Daily classroom cleaning of all surfaces (shelves, cupboards, tables, floors).

Persons who are concerned about symptoms or preventative measures should contact their health care provider.

Yours sincerely,

Mary-Anne Jasinski  
Elementary School Principal