

PROTECT YOUR CHILD AGAINST HAND FOOT AND MOUTH DISEASE (HFMD) WITH THIS 4-POINT CHECKLIST

Dear parents,

Recently, the numbers of HFMD cases have continued to increase in Singapore. While we are doing our best to control the transmission of this disease, we also need your help in keeping your child safe and clean. Please follow these four steps before sending your child to the childcare centre every day.

1. Take your child's **T**emperature (either orally or via the ear)
2. Look for mouth **U**lcers. Ask your child to open the mouth and say "Ah". Shine a torch in the mouth and look for ulcers on the tongue, inner sides of the mouth and on the lips.
3. Look for blisters on the **H**ands. Ask your child to hold out the hands and show his/her palms. Look for small pinkish/reddish bumps or tiny blisters with fluids. Then check for the same on the back of the hands.
4. Look for blisters on the **F**eet. Check for bumps/blisters on the upper part of the feet first then the soles.

If you suspect any of the above, **DO NOT** send your child to the centre. Take him/her to a family doctor for a thorough examination. If your child is diagnosed with HFMD, please keep him/her at home until fully recovered. Your child should return to the centre only after the expiry of the MC given by the family doctor when he/she is well. For more information on HFMD you may refer to:

<http://www.mayoclinic.com/health/hand-foot-and-mouth-disease/DS00599>

<http://www.cdc.gov/features/handfootmouthdisease/>

<http://www.hpb.gov.sg/diseases/article.aspx?id=792>

We seek your support and co-operation in helping us ensure a clean and safe environment in the centre for your child.



(Produced by Health Promotion Board)