

SRDAV/2022-23/405

Dated: August 26, 2022

Dear Parent,

This is to bring to your notice that cases of Hand, Foot and Mouth Disease (HFMD) are on a rise. It is our responsibility to ensure that necessary preventive measures are taken to prevent spread of this disease.

HFMD is a common, self limiting but highly contagious viral disease that usually affects infants and children of less than 5 years old. But, sometimes even older children and adults may be affected. It is caused by Enterovirus genus, most commonly, strains of coxsackievirus.

Mode of Transmission

Spreads by contact with nose and throat discharges, saliva or other secretions of infected persons, or after touching contaminated objects

Signs and Symptoms

- Fever
- Sore throat
- Malaise and loss of appetite
- Red blister like lesions around or inside mouth, palms, soles, hands, feet and sometimes buttocks.

If your child shows any such symptoms, kindly take medical advice and refrain from sending your ward to school.

Treatment

Oral medication under medical supervision is given to treat the disease. Signs and symptoms usually disappear in 7-10 days.

Prevention and Control

- Wash yours and child's hands frequently with soap and water.
- Avoid sharing cups, towels and utensils and disinfect premises and all infected materials such as cups, towels, utensils.
- Avoid close contact such as hugging and kissing a child who is infected.
- Disinfect the classroom surfaces that people frequently touch
- Teachers and Parents should check for symptoms of HFMD to prevent spread. Parents need to inform their respective class teacher if their child is diagnosed with the same. It is important for the school personnel to know so staffs and parents can be told to watch for symptoms.
- Parents please refrain from sending your child to school until rashes have healed completely and no fever for at least last 24 hours (at least 7-10 days from onset of symptoms),
- Any child with rash should avail a medical prescription from consulting doctor stating that he/she is not contagious or infectious if child is re-joining class before contagious period ie 7 days from onset of symptoms.

Also note that due to favourable climatic condition the chances of contracting vector borne diseases i.e, Malaria, Dengue and Chikungunya are high. You are requested to take appropriate preventive measures and do not allow water to stagnate as it become breeding ground for mosquitoes.

Your co-operation in this regard is solicited.

Regards

Principal