

# HAND, FOOT AND MOUTH DISEASE

## Important Message for Parents and Guardians

Look out for the following signs and symptoms in your child

- Rashes or blisters on the palms of the hands, soles of the feet and diaper area.
- Ulcers in the mouth and throat.
- Loss of appetite and feeling vomitish.
- Fever.
- Sore throat.
- Headache.

If your child has these signs and symptoms

- Bring your child to the nearest hospital or clinic as soon as possible.
- Don't send your child to the day care centre or kindergarden.
- Don't bring your child to public places.

## Adopt these preventive measures!

- ¥ Practise good personal hygiene like washing your hands with soap and clean water.
- ¥ Don't share towels or handkerchiefs. Use tissues when coughing or sneezing and dispose them in the rubbish bin after use.
- ¥ Avoid bringing your child to crowded public places such as shopping complexes, recreational parks and swimming pools.

Love Your Child. Prevent Hand, Foot and Mouth Disease.

