

# Prevent the Hand, Foot & Mouth Disease



- The hand, foot & mouth disease is caused by a virus (of the enterovirus group) that usually infects children below the **age of 5**.
- Infection occurs due to lack of personal hygiene or exposure to the virus in crowded places and environments.
- The disease is contracted through direct contact with infected people, and their faeces, saliva and nasal secretions.
- Most of the cases are not fatal. However, in serious cases it can damage the heart and the nervous system.
- To prevent the infection from spreading, every family member is advised to practise good personal hygiene.

#### Signs and Symptoms of the Disease

- Rashes and blisters on hands, feet and the napkin area
- Throat and mouth ulcers
- Fever
- Headaches
- Loss of appetite

#### Prevention Steps

- Wash hands with soap and clean water before preparing food, after going to the toilet, after changing diapers and after washing your child's faeces.
- Cover your mouth and nose with tissue paper when sneezing or coughing.
- Do not share personal items like toothbrushes, handkerchiefs, towels, blankets, cups, forks and spoons.
- After work, take a shower and change your clothes before playing with your baby or younger children.

- Clean objects that might have come into contact with your child's saliva; such as toys, table surfaces, chairs and floor surfaces.
- Refrain from bringing younger children to crowded public places such as shopping centres, cinemas, swimming pools, markets and bus stations.

If your child shows symptoms of the hand, foot & mouth disease;

Take the child to the nearest hospital or clinic immediately

Do not send the child to the nursery, the babysitter's place or to the school

Wipe all secretions from the child's mouth and nose with the tissue paper

LOVE YOUR CHILD    PREVENT THE HAND, FOOT & MOUTH DISEASE

Ministry Of Health Malaysia

