

Ref No- Cir/RBS/2017-18/No. 07

Date – 18/07/2017

**To: All the parents****From: The Principal****Subject: Hand Foot Mouth****Dear Parents,**

We at Redbricks believe that every child has the right to enjoy a healthy body. To ensure that all our children maintain a good health our children should be protected against any contagious infections that are spreading in the environment. Parents hold an equal responsibility to understand about these infections in order to prevent the spread of such infections in our children.

During prolonged rains and weather fluctuations the chances of the infection being spread are much higher. Hand Foot Mouth Disease is one such infection that can spread widely in the children and the age group up till 8 years is the most vulnerable to catch this infection. Kindly find attached a one pager article on Hand Foot Mouth and the other details that will help us to understand this Viral infection and protect our children.

**Hand Foot and Mouth Disease – HFMD****What is it?**

Hand Foot and Mouth Disease (HFMD) is a viral infection. It is commonly caused by the Coxsackievirus A16, a type of Enterovirus. Enterovirus 71 (EV71) has also been known to cause this condition.

**Symptoms**

You will notice some or all of the following symptoms –HFMD usually begins with low grade fever and general tiredness. The throat feels sore and painful. Tiny red spots, like a rash then appear on the inside of the mouth (on the tongue, gums and cheeks), palms of the hands, fingers, and soles of the feet, toes and buttocks. These red spots soon begin to blister and sometimes form ulcers. The rash appears over a couple of days and is generally not itchy. It is not necessary that you see a rash on all the mentioned areas. It may appear only in the mouth or on the palms. Swollen lymph nodes may be present in the neck. In some people, a rash may develop on other parts of the skin.

**Who is generally affected?**

Children and adolescents are most commonly affected; infection is rare in adults. Chances of infection are high in the summer and rainy season. Anywhere that groups of children interact, like daycare centers, parks and nursery schools are potential grounds for infection. Pregnant women who have not been exposed to the virus before have a higher chance of infection.

**How infectious is it?**

HFMD is moderately infectious. It can spread from one person to another through direct contact with discharge from the nose and throat, saliva, infected stools, or fluid from a blister.

**How serious is it?**

HFMD is not a serious condition. It takes up to a week for symptoms to appear if a person is infected. Not all infected people develop symptoms. Most people who develop the illness would recover in 7-10 days with minimum or no medical intervention.

**How to prevent spread of the illness to other children-**

Once symptoms are spotted kindly check with a doctor and stop the child from coming to public places or school as it is contagious. Carefully dispose of (or clean, if applicable) articles soiled by discharge from an infected child's nose and throat or stool. Clean and disinfect all common toys and surfaces. Clean and disinfect diaper change area after each diaper change. *Hand washing is the best way to stop the spread of infections.*

**With Warm Regards,**

/ s s h i a b r u t i