



# Canadian International School of Hong Kong

香港加拿大國際學校



Thursday, April 4<sup>th</sup>, 2019

Dear Parents and Guardians of 3D,

A student in your child's class has been diagnosed with Hand, Foot and Mouth Disease (HFMD). HFMD is a common disease in children caused by enteroviruses such as coxsackieviruses and enterovirus 71.

The disease is mostly self-limiting and resolves in about 7-10 days. It usually begins with fever, poor appetite, fatigue and sore throat. One or two days after fever onset, painful sores develop in the mouth. They begin as small red spots that blister and often become ulcers. There may be skin rash that is non-itchy and some with blisters. The rash is usually located on the palms of the hands and soles of the feet; it may also appear on the buttocks and/or genitalia. A person with HFMD may not have symptoms, or may only have the rash or mouth ulcers. The disease is most contagious during the first week of the illness.

HFMD mainly spreads by contact with nose or throat discharges, saliva, fluid from vesicles or stool, or after touching contaminated objects. Students with HFMD should not come to school until all vesicles have dried up to avoid spreading the disease. Parents should monitor the child's condition closely and seek prompt medical attention.

There is currently no effective vaccine for HFMD, maintaining good personal hygiene and proper handwashing are the best forms of prevention. Please observe your child for fever, blisters in the mouth or on their hands or feet. If you suspect your child may have HFMD, please consult your family doctor.

If you have any health-related concerns regarding the class, please do not hesitate to contact me.

Regards,

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