

HFMD

Hand, Foot and Mouth Disease

What is HFMD?

HFMD is a common infectious disease that mainly affects children below 5 years old, however adults and youths are vulnerable too

What causes HFMD?

Commonly caused by Enterovirus group including *Coxsackie Virus A16* and *Enterovirus-71 (EV71)*

How does it spread to another person?



From person to person by direct contact (e.g. blister fluid)



Airborne through coughing or sneezing (saliva, sputum or nasal mucus)

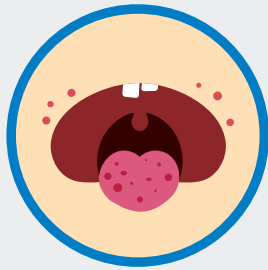


Contact with contaminated objects and surfaces

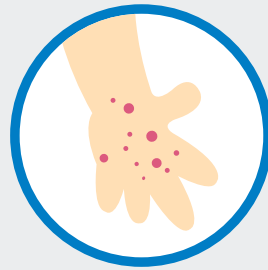


Contact with faeces

Symptoms of HFMD



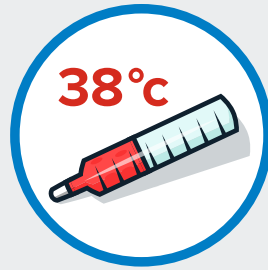
Painful and red, blister-like sores in the mouth



Rashes with red spots and sometimes blister on the palms, foot, buttocks and genital areas



Lack of energy



Fever and sore throat



Vomit

How to Protect Yourself from HFMD



Practise good hand washing habits



Dry your hands after washing



Sanitise your hands regularly



Avoid crowded places



Cover your mouth and nose when cough or sneeze



Stay at home if you are feeling unwell



Avoid touching your face with unwashed hands



Clean and sanitise common areas and surfaces



Eat nutritious and healthy food