With reference of the above matters, please be informed that there are increasing case of HFMD (COXSAKIE) which might lead to serious spread in our learning centre and kindergarten. All centres and kindergarten are therefore advice to seek help from “Jabatan Kesihatan Negeri” and take all the necessary precaution to prevent the spread of COXSAKIE disease in their centers.

Parents should also be acknowledged and no child with symptoms should be allowed to attend the class until recovered. Please find the attached files for prevention guidelines and letters for parents. If you have any questions, please feel free to contact or your respective Regional Champion and EAM team for clarification.

Thank you.

Regards,

for SMM Education Group

KEK TEONG HAN
Head
Edupreneurial Management & Support Department
Dear Parents/Guardians:

COXSACKIE ALERT!

Your child may have been exposed to Hand, Foot and Mouth Disease (Coxsackie virus) at school. Please observe your child for the symptoms listed below. If your child has the following symptoms, please call your child’s healthcare provider for guidance. Symptoms usually appear 3 – 5 days after exposure.

Common Signs and Symptoms:
- Fever
- Poor appetite
- Runny Nose
- Sore Throat
- A blister-like rash on the hands, feet and in the mouth usually develops one to two days after the initial symptoms

Coxsackie is quite contagious and usually appears as an epidemic during cold/raining seasons. Prevention is unrealistic, since, like almost every other viral illness, contagion is at its peak in the early phase of the illness, when symptoms are minimal.

The illness often spreads among the friends and family members. Therefore children with a rash and a fever should not attend school. Hand Foot and Mouth disease is be contagious and it is best controlled by diligent hand washing.

Please consult a doctor if you have any questions or concerns.

On behalf of,

The management of SMM Education Group
**ATTENTION!**

**HAND, FOOT AND MOUTH DISEASE**

**HAND, FOOT AND MOUTH DISEASE (HFMD)**

- Usually affects children below 10 years. (Can also affect older children and adults).
- Symptoms appear 3 to 7 days after virus infection.
- Patient may first feel unwell for a day.
- Then rashes, blisters may appear at the hands, feet and buttocks. Ulcers may appear in the mouth.
- Some patients may show neurological symptoms e.g. headache, stiff neck, weakness of limbs, loss of consciousness, coma.

**HOW DOES HFMD SPREAD?**

- By direct contact with infected people or direct contact with saliva, nasal secretions, throat discharge, stools or blister secretions of infected persons.

**STEPS TO TAKE TO PREVENT THEIR SPREAD**

- Isolate a person with symptoms of HFMD from the public. (Also isolate that person’s eating and drinking utensils).
- Practice good personal hygiene.
- Wash hands with soap and clean water:
  - after going to the toilet
  - after touching nasal or throat secretions
  - after changing diapers or cleaning up a child’s stools
  - after returning home
  - before preparing food or drinks
  - before eating or drinking
  - before handling or playing with a child.
- Drink boiled water and eat cooked food only.
- Thoroughly wash all eating and drinking utensils.
- Disinfect surfaces contaminated with stools, nasal / throat secretions by soaking in a mixture of one part chlorine and nine parts water.
- Cover mouth and nose when coughing or sneezing.
- Avoid as much contact as possible with any infected person.
- Care-givers should avoid unnecessary close contact with infected persons.
- Limit contact between children.
- (Some may already be infected with virus without showing any symptoms).
- Limit the number of people touching your child.
  During epidemics limit further exposure to the public.
  Avoid crowded places such as cinemas, shopping centers, markets, swimming pools, etc.

**WHAT CAUSE THESE HFMD?**

- Enterovirus Group.
- Common HFMD viruses: Coxsackie Virus A16
  Enterovirus EV71

**IS HFMD SERIOUS?**

- Usually HFMD is a mild disease.
- Complications are uncommon.
- HFMD caused by EV71 may be associated with neurological complications such as aseptic meningitis and encephalitis.

**WHAT TO DO IF YOUR CHILD SHOW SIGNS OF HFMD**

Take your child to see a doctor immediately and follow the instructions given.

If your child is not admitted to hospital:

- Do not send your child to the nursery / kindergarten or babysitter.
- Isolate your child and personal items from the other children.
- Clean thoroughly all the child’s items with soap and water.
- Wash hands with soap and water thoroughly before and after contact with the child.
- Bring your child to see a doctor immediately if your child’s condition appears to become worse.

**THE COURSE OF ENTEROVIRUS INFECTION**

1. Virus enters the body through the mouth and nose. It initially multiplies in the throat.
2. The main site of virus multiplication is the gut.
3. From the gut the virus can enter the blood system to reach various target organs.
4. Virus is excreted from the gut in stools.