

# ASN Senior Secondary School

Mayur Vihar-I, Delhi

Circular No. ASNSR/2022/50.

Date: 08.09.2022

## **ADVISORY INFORMATION**

**HAND, FOOT AND MOUTH DISEASE (HFMD), commonly known as "Tomato Flu".**

Dear Parent

Greetings!

HFMD is a rare viral disease which is affecting children below 10 years old. Amid a spike in cases of hand, foot and mouth disease (HFMD) in recent weeks, the school is issuing an advisory letter to sensitize parents about the viral infection that affects young children. We wish to inform parents about the Dos and Don'ts and the measures to be taken while sending children to school.

### **Type**

It is a common, self-limiting but highly contagious viral disease that usually affects infants and children of less than 10 years old. But, sometimes even older children and adults may be affected. It is caused by Enterovirus genus, most commonly, strains of coxsackievirus

### **Mode of Transmission**

Spreads by contact with nose and throat discharges, saliva or other secretions of infected persons, or after touching contaminated objects.

### **Signs and Symptoms**

- Fever
- Sore throat
- Malaise and loss of appetite
- Fatigue, nausea, vomiting, or diarrhoea
- Red blister like lesions around or inside mouth, palms, soles, hands, feet and sometimes buttocks. The blisters start as red-colored small blisters and resemble tomatoes when they enlarge.

### **Treatment**

No specific treatment and only symptomatic treatment such as acetaminophen or ibuprofen is given for fever and discomfort. Signs and symptoms usually disappear in 7-10 days.

### **Prevention**

- Maintenance of proper hygiene and sanitization of the surrounding necessities and environment.
- Regularly check for symptoms of HFMD to prevent spread.
- Wash yours and child's hands frequently with soap and water.
- Avoid sharing towels and utensils and disinfect often.
- Encourage the child to use a handkerchief in case of running nose or coughing to avoid the spread of the disease.

- Try to keep your child hydrated by motivating them to drink plenty of water, milk, or juice, whatever they prefer.

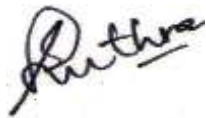
### **Control**

- If your child develops symptoms of HFMD, immediately isolate her/him from other children to inhibit disease progression.
- Parents need to inform their respective class teacher if their child is diagnosed with the same.
- Refrain from sending your child to school until rashes have healed completely.
- Ensure that there is no sign of fever for at least last 24 hours.
- Any child with rash should get a medical prescription after consulting a doctor stating that he/she is not contagious or infectious, in case the child is re-joining class before contagious period i.e 7 days from onset of symptoms.

**Note:** Although the Tomato Flu virus shows symptoms similar to other viral infections (fever, fatigue, body ache and rashes on the skin); the virus is not at all related to SARS-CoV-2, monkeypox, dengue and/or chikungunya.

We seek your co-operation as always to keep our children safe and secure.

Stay safe!



Swarnima Luthra  
Principal