

Did You Know?

Hand, Foot & Mouth Disease (HFMD) is a viral illness usually seen in young children, but adults can get it too. Not to worry, knowledge is power!

Let's learn how to tackle it together.



1

How does HFMD spread?

It spreads from the liquid drops and faeces of an infected person.



Coughing



Sneezing

2

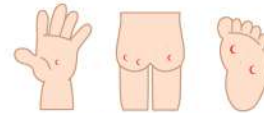
What are the symptoms?



Fever & flu-like symptoms



Mouth sores



Skin rashes

3

How can I prevent it?



Practice good hygiene



Limit contact with sick people



Avoid touching your face

4

What should I do if my child has HFMD?



Keep your child away from public areas



Consult a doctor



Make sure your child eats and drinks