



Sachdeva Public School

Sector 13, Rohini, Delhi 110085

10.09.2025

PARENTAL CIRCULAR Health Advisory – Hand, Foot & Mouth Disease

Dear Parents

Warm Greetings!

Hand, Foot & Mouth disease (HFMD) is a fast-spreading contagious viral disease that usually affects infants and children less than 5 years old.

The disease spreads on touching contaminated objects or coming in contact with an infected person's nasal and throat discharges, saliva or other secretions.

Symptoms

- Red blister like lesions around or inside mouth, palms, soles, hands, feet and sometimes buttocks.
- Fever, Sore throat
- Loss of appetite

Prevention and Control

- **Monitor your ward** daily for any signs or symptoms of illness.
- Refrain from sending your ward to school, if they exhibit any of the above-mentioned symptoms. The infection takes at least 7-10 days to heal.
- **Consult a paediatrician** immediately.
- **Encourage your child** to:
 - ✓ Wash hands frequently with soap and water.
 - ✓ Avoid sharing food, water bottles or utensils.
- Any child with rash will be allowed to attend school only after showing a **Medical/ Fitness Certificate** from the consulting doctor.

NOTE: In order to ensure a hygienic and safe environment **regular cleaning** and **sanitization of classrooms/ common areas** is being done.

The school firmly believes that if we remain alert and aware, we can keep all our children safe and healthy. Let's join hands, prevent the spread of Hand, Foot & Mouth Disease (HFMD) and make our homes and school, a safe haven for our children.

Regards

PRINCIPAL