

20th September, 2016

Dear primary parents,

Please be informed that we have 7 confirmed cases of Hand, Foot and Mouth (HFMD) virus in the primary school. The record today shows 3 cases in EY2, 1 case in KG, 2 cases in G2 and 1 case in G3. The influence of temperature and humidity cause the virus to come round at this time of year in Thailand and we would like to provide you with guidelines and precautionary measures in minimizing the spread of Hand, Foot and Mouth disease.

Hand, foot, and mouth disease, or HFMD, is a contagious illness that is caused by different viruses. It is common in infants and children younger than 5 years old, because they do not yet have immunity (protection) to the viruses that cause HFMD. However, older children and adults can also get HFMD.

What Are the Symptoms of HFMD?

Symptoms of hand, foot, and mouth disease often include the following:

- Fever
- Reduced appetite
- Sore throat
- A feeling of being unwell
- Painful sores in the mouth that usually begin as flat red spots
- A rash of flat red spots that may blister on the palms of the hand, soles of the feet, and sometimes the knees, elbows, buttocks, and/or genital area.

These symptoms usually appear in stages, not all at once. Also, not everyone will get all of these symptoms. Some people may show no symptoms at all, but they can still pass the virus to others. HFMD is usually not serious. The illness is typically mild, and nearly all people recover in 7 to 10 days without medical treatment. Complications are uncommon. However, please consult your local physician for individual advice.

HFMD spreads from one person to another through:

- Close contact, such as kissing, hugging, or sharing cups and eating utensils
- Coughing and sneezing
- Contact with feces
- Contact with blister fluid
- Touching objects or surfaces that have the virus on them

To ensure KIS remains safe for learning, KIS has a strict contagious illness policy, we are also asking the support from the parent to actively monitor the health of your child and ensure that children are kept home if they have the symptoms.

If a child has confirmed with HFMD, you will ask to inform the school's administrative office immediately and keep your child at home throughout the contagious period, normally 5-7 days or until the blisters become dry and no fever. Your child will require to report to the nurse's office on the morning of their return to receive a clearance in returning back to school.

The school will also help to ensure that:

- Children are being monitored for all signs of HFMD symptoms. Our school nurse will notify parents to pick up your child for all cases of fever until we can ensure that we are free from the virus.
- Our cleaning staff will perform extra classroom disinfectant in addition to their daily cleaning routine to make sure that the classroom has thoroughly been cleaned.

For further information regarding HFMD, please see International SOS information sheet attached or visit below websites.

<http://kidshealth.org/en/parents/hfm.html#> (English information) and

http://www.siamhealth.net/public_html/Disease/infectious/hand_foot_mouth/hand_foot_mo.htm#.Vz0129LRhnl (Thai information).

Through working together we can help to keep KIS a safe and healthy campus.

Sincerely,



Manasinee Kovitgoolkri
SEA Senior Manager