

Hand, Foot and Mouth Disease



What is Hand, Foot and Mouth Disease?

Hand, Foot and Mouth Disease (HFMD) is caused by an enterovirus which is moderately contagious, especially during the first week of illness. The virus can spread directly from person to person via saliva, stool and respiratory droplets. It can also spread indirectly via items contaminated with the secretions specified above.

HFMD affects primarily infants and young children, although adults may also be at risk.

What are the symptoms of HFMD?

- Fever
- Sore throat
- Painful mouth ulcers on the tongue, gums, inside of the cheeks or back of the throat
- Rash on the hands and feet - most commonly found on the palms and soles

The symptoms above typically resolve within 7 to 10 days. On very rare occasions, complications affecting the heart or brain may occur.



What should I do if my child has HFMD?

- Encourage oral fluid intake.
- Offer pain relief medications such as topical oral anaesthetic gels or analgesics (e.g. paracetamol) for the mouth ulcers to help improve oral intake.
- Treat high fever with antipyretics or fever medications to help your child feel more comfortable.
- Bring your child to see a doctor for further management if he or she has the following symptoms:
 - Prolonged fever
 - Rapid heart beat
 - Rapid breathing
 - Does not eat or drink well
 - Vomiting with dehydration
 - Lethargy and irritability
 - Drowsiness
 - Headache

How do I prevent the spread of HFMD?

- Children with HFMD should stay away from school for 1 week after the rash appears.
- Practise proper hygiene such as hand washing.
- Disinfect surfaces and articles such as toys and towels contaminated by the droplets, saliva or stool of children with HFMD properly with a diluted solution of bleach that contains chlorine.

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

About the Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/ktp-nucmi.

Contact Us

24-hour Children’s Emergency

Location: NUH Main Building, Zone F, Level 1

General Enquiry: +65 6772 5000

KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2

(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)

Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)

General Enquiry: +65 6772 5736

Appointment Line: +65 6908 2222

Email: ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children’s Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9

Operating Hours: 8am – 5.30pm (Mon to Fri)

Appointment Line: +65 6772 5030

Fax: +65 6872 4314

Email: cbccappt@nuhs.edu.sg

NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899

Operating Hours: 9am – 11pm daily (including public holidays)

General Enquiry: +65 6219 1538

Email: childreucc@nuhs.edu.sg

Website: www.nuh.com.sg/ucc

NUH Child Development Unit @ JMC

Location: Jurong Medical Centre,

60 Jurong West Central 3, Level 2, Singapore 648346

Operating Hours: 8.30am – 5.30pm (Mon to Fri)

Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158

Email: cdu@nuhs.edu.sg

Website: www.nuh.com.sg/cdu

NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club,

2 Choa Chu Kang Loop, #03-01, Singapore 689687

Operating Hours: 8.30am – 5.30pm (Mon to Fri)

Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158

Email: cdu@nuhs.edu.sg

Website: www.nuh.com.sg/cdu

National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074

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