



Po Leung Kuk  
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

香港新界青衣長康邨

Tel: 2497 7110  
Fax: 2431 1156

Dear Parents,  
各位家長：

P18069

Vigilance against Hand, Foot and Mouth Disease (HFMD)

提高警覺預防手足口病

Hand, foot and mouth disease (HFMD) is a common disease in children. The usual peak season for HFMD is from early summer to autumn, with a smaller peak in winter. There has been two cases reported in the same class recently. Students should stay vigilant against HFMD.

The disease usually begins with fever, poor appetite, tiredness and sore throat. One to two days later, painful ulcers will develop inside the mouth, and non-itchy skin rash with vesicles will appear mainly on the hands and feet. The disease is most contagious during the first week of the illness and the viruses can be found in stool for weeks. The disease mainly spreads by contact with nose and throat discharges, saliva, fluid from vesicles or patients' stool, or after touching contaminated objects. Students should consult the doctor in case the symptoms arise and report to the school immediately.

Good hygiene practices are the mainstay of prevention:

- Always keep hands clean by frequent hand washing, especially after using toilet
- Cover mouth and nose when sneezing and coughing
- Avoid close contact (such as sharing eating utensils or cups, etc.) with infected persons

手足口病是一種常見於兒童的疾病。手足口病的高峰期一般由初夏至秋季，亦會於冬季出現小高峰。最近，學校出現兩名同班學生感染手足口病，因此全體學生須提高警覺，預防手足口病。

手足口病病發初期，通常會出現發燒，食慾不振，疲倦和喉嚨痛。一至兩天後，口腔出現疼痛的潰瘍。另外，手掌及腳掌亦會出現紅疹。這些紅疹並不痕癢，有時會帶有小水泡。患者在病發首星期最具傳染性，而病毒可在其糞便中存活數星期。手足口病主要透過接觸患者的鼻或喉嚨分泌物、唾液、穿破的水泡和糞便或觸摸受污染的物件而傳播。如有以上症狀，學生宜立即求醫及向校方報告。

良好的衛生習慣對預防手足口病最為重要：

- 經常洗手以保持雙手清潔，尤其是如廁後
- 打噴嚏或咳嗽時要掩著口和鼻
- 避免與患者有親密接觸，如共用餐具或杯子

You may find more information from the Centre for Health Protection at [www.chp.gov.hk](http://www.chp.gov.hk).

詳情請參閱衛生署網頁 [www.chp.gov.hk](http://www.chp.gov.hk)。

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Law Wing Chung, Principal 羅穎忠校長  
17<sup>th</sup> December, 2018 二零一八年十二月十七日

Reply Slip 回條

P18069

I acknowledge receipt of the above captioned circular concerning "Vigilance against Hand, Foot and Mouth Disease (HFMD)".

本人經已知悉 貴校來函有關「提高警覺預防手足口病」事宜。

Name of Student 學生姓名：\_\_\_\_\_

Class 班別：\_\_\_\_\_ CSNO 班號：\_\_\_\_\_

Name of Guardian 監護人姓名：\_\_\_\_\_

(Block Letters 中文正楷)

Signature of Guardian 監護人簽署：\_\_\_\_\_

Date 日期：\_\_\_\_\_