

# 元朗東莞同鄉會王少強夫人幼稚園

## 提高警覺預防手足口病

致各位家長：

我們現特函告知家長本港手足口病的活躍程度最近持續上升，並懇請家長提高警覺預防手足口病。

衛生署衛生防護中心的數據顯示，過去兩星期手足口病的院舍爆發數字由第十九周(五月五日至十一日)錄得 7 宗，上升至上周錄得 16 宗。本周首兩天已錄得 9 宗爆發。此外，定點幼兒中心/幼稚園監測亦顯示手足口病的活躍程度在最近錄得相應的上升。

手足口病為幼兒常見的傳染病。在香港，個案全年都會發生，而高峰期一般為五月至七月，十月至十二月亦可能出現一個較小型的高峰期。手足口病的常見病徵包括發燒、喉嚨痛及於手足處長出皮疹。雖然大部份病者都會自行痊癒，但部份手足口病患者(尤其是腸病毒 71 型引致的個案)可出現心肌炎、腦炎和類小兒麻痺癱瘓等併發症。

預防手足口病及腸病毒71型感染最重要是保持良好的個人及環境衛生。要預防手足口病和腸病毒71型感染在學校爆發，請注意以下的要點：

- 家長應與學校保持良好溝通，建議兒童發燒或出疹時，必須留在家中休息。如懷疑患上手足口病，應盡快求醫。
- 鼓勵員工在兒童抵達學校時留意他們有否出現手足口病的病徵。學童如出現手足口病病徵，應避免上學，直至退燒後和水疱乾涸、結痂後，才可回校上課。由於腸病毒71型可引致相關併發症的風險較高，而病毒可在病人的排泄物存留數周，作為額外預防措施，建議受感染的兒童在所有病徵完全消失後兩周內都不要返校。
- 監督兒童保持良好的個人衛生習慣，特別是飲食前和如廁後，須用梘液妥善清潔雙手，打噴嚏或咳嗽時要掩着口鼻，並要妥善處理口鼻排出的分泌物等。
- 應盡量避免使用高危的遊戲設施如波波池。經常以1：99濃度的漂白水（1份含5.25%次氯酸鈉的漂白水與99份清水混和）清潔及消毒物件表面、傢具及廁所。染有鼻或口腔分泌物的玩具或地方應以1:49濃度的家用漂白水洗乾淨。
- 在學校的健康教育中，提醒兒童在假日外出旅遊時，仍須緊記保持雙手清潔，切勿接觸其他病童的水疱。

如欲獲取更多資料，可瀏覽衛生防護中心網站  
([http://www.chp.gov.hk/tc/view\\_content/16354.html](http://www.chp.gov.hk/tc/view_content/16354.html))。

(節錄衛生防護中心監測及流行病學處通告)

校長 鄭家鳳 啟

二零一九年五月三十一日

YUEN LONG TUNG KOON DISTRICT ASSOCIATION  
MRS.WONG SIU KEUNG KINDERGARTEN

No:190523  
31<sup>st</sup> May, 2019

Dear Parents,

**Vigilance against Hand, Foot and Mouth Disease (HFMD)**

We would like to draw your attention to the recent increase in activity of hand, foot and mouth disease (HFMD) and urge parents to be vigilant against the disease.

The Centre for Health Protection (CHP) of the Department of Health recorded an increasing number of institutional outbreaks of HFMD in the past two weeks, from seven in week 19 (ending 11th May) to 16 last week. Nine institutional HFMD outbreaks have already been recorded in the first two days of this week. In addition, surveillance of HFMD based at sentinel child care centres/kindergartens recorded a corresponding increase of HFMD activity recently.

HFMD is a viral infection commonly seen in children. In Hong Kong, HFMD occurs throughout the year with the usual peak season occurring from May to July. A smaller peak may also occur from October to December. Common symptoms of HFMD include fever, sore throat and skin rash over the hands and feet. Although HFMD is usually self-limiting, some patients, especially those infected with enterovirus 71 (EV71), may develop complications like myocarditis, encephalitis or poliomyelitis-like paralysis.

Maintaining good personal and environmental hygiene is the most important measure to prevent HFMD and EV71 infection. Parents are recommended to take the following measures to prevent outbreaks:

- Maintain good communication with parents and advise them to keep their children at home for rest when they develop fever or rash. People who develop symptoms suggestive of HFMD should seek medical advice promptly.
- Parents should screen children for signs and symptoms of HFMD before they leave home. Children with HFMD should be excluded from school until fever has subsided and all the vesicles have dried and crusted. As an extra precaution, children with EV71 infection are advised not to go to school for another two weeks after all symptoms subsided, since the virus may be excreted in stool for some weeks and the infection is associated with a higher risk of complications.
- Supervise children on personal hygiene practices, especially on how to wash the hands properly with liquid soap before meals and after going to toilet, cover nose and mouth while sneezing or coughing, and proper disposal of nasal and mouth discharge.
- Avoid high risk play facilities such as ball pools. Clean and disinfect frequently touched surface, furniture and toilets regularly with diluted bleach of 1:99 concentration (mixing one part of household bleach containing 5.25% sodium hypochlorite to 99 parts of water). Disinfect toys/places which are contaminated by secretions or excreta with diluted household bleach of 1:49 concentration.
- When children are having holidays outside Hong Kong, they should still remember to keep their hands clean and avoid touching vesicles on hands of other sick children.

For more information, please visit the website of CHP as follows :  
[http://www.chp.gov.hk/en/view\\_content/16354.html](http://www.chp.gov.hk/en/view_content/16354.html).

(Above information is retrieved from Notice of Surveillance and Epidemiology of Centre for Health Protection)

Yours faithfully,

*Cheng Ka Fung*

Principal