



Dear Parents

Autumn is here and the temperature is changing. With inconsistent weather it is easy to spread respiratory diseases and contagious diseases such as hand-foot-mouth and chicken pox. Over the weekends as you take your child out for various activities, be careful to avoid areas that are a high risk for disease exposure, such indoor amusement parks. When you arrive back at home, please remind your child to first wash their hands. Here is some information about hand-foot-mouth and chicken pox:

Hand-mouth-foot

Hand-mouth-foot is a contagious disease that is caused by enterovirus, and is common in the autumn months. The symptoms are high fever, and herpes blisters on the mouth, hands and feet, and also on the bottom. Some children also have blisters on the body, arms and legs. The disease is most common in children 3 years and younger.

Chickenpox

Chicken pox is common contagious disease that is caused by varicella-zoster virus, the incubation period is usually 12 to 21 days. First it will show through a low fever, headache, throat pain, cough and within 1 or 2 days, small red spots will show, mostly on the face, chest, abdomen, back and arms and legs. It is spread by physical touch and saliva. If your child is close with a child who has chickenpox, she/ he must get an injection within 3 to 5 days and check for 21 days after the last time your child played with him/ her. Getting the injection is the most effective way to prevent spreading this disease.

To be more aware of your child's health we made a health check form for parents to use. Every morning you must check your child's health including their temperature, skin, and mouth for any signs of disease. On the form please tick in the corresponding column to mark that you have checked. We will start from Monday September 17th, 2018. Please see that the form is attached in the communication book.

Thank you for your understanding! If you have any question, please let me know.

Nurse of Newton Bayside Kindergarten Mia Hui

亲爱的家长们:

随着秋季的到来,天气渐渐凉爽且日夜温差较大,这不仅容易让幼儿机体适应能力下降,鼻炎、呼吸道感染病情发作,同时也是传染病高发的时节,目前最高发的是手足口、水痘两种在幼儿当中高发的传染病。周末时家长可以多带孩子到户外去跟大自然亲密接触,尽量避免带孩子到封闭人多的室内游乐场,增大交叉感染的几率。外出返家时请提醒孩子洗净手。在这也为大家再次普及一下手足口和水痘的相关知识:

手足口病

手足口病是肠道病毒引起的儿童传染病,秋季也是手足口高发季节,病毒通过空气飞沫传播,也可通过日常接触传播,感染初期幼儿会有轻度呼吸道感染症状,发烧,1~2天内口腔、手足部位出现小疱疹,除手足口外,亦可见于臀部及肛门附近,偶可见于躯干及四肢,3岁以下幼儿高发。

水痘

水痘是由水痘一带状疱疹病毒引起的常见急性传染病,潜伏期 12-21 天,前期临床表现为低或中等发热及头痛、咽痛、咳嗽等,持续 1-2 日后出疹,皮疹主要发生在面、胸、腹、背,四肢较少。直至皮疹干燥节假日期间均有传染性,通过接触或飞沫传播。如果自家幼儿与水痘患儿密切接触,可在 3-5 天内应急接种水痘疫苗,并在最后一次接触后 21 天内做好健康观察。接种疫苗是预防水痘最有效的方法。

为了更好的关注孩子入园时的健康情况,我们制订了一张幼儿每日家庭健康检查表,请家长们在每日入园前花简短的时间为孩子做一个简单的检查,包括孩子的体温、精神状况、皮肤是否有皮疹水泡、口腔是否有溃疡或红疹等,完成检查后家长打勾即可。健康检查表从 2018 年 9 月 17 日开始实施。

非常感谢您的配合,如有疑问欢迎跟我联系。

新纽顿玲珑湾幼儿园保健室 惠霏斐