

CMgWRbGb;éd RbGb;eClg nigmat;

etlCm¶IRbGb;éd RbGb;eClg nigmat; (HFMD) **CaGVI?**

CMgWRbGb;éd RbGb;eClg nigmat;

→CaPasaGg;eKøseyageTAell HFMD!

KWCaCMgWEdlbgáeLlgedayvIrus

EdlCaTUeTAeklteTAellTark nig kumar .

eraKsBaØarYmman RKunekpA rmas;Es,k

nigsñamknþÜIRkkm bαQWenAkñúgmat; .

HFMD minTak;TgnwgCMgWRbGb;eClg nigmat;eT

→eKEtehAfaCMgWGutkþam! .

eTaHblCaCMgWtaMgBlrenHmaneQµaH

RsedogKñak^{3/4}eday

k^{3/4}CMgWtaMgenHbgáeLlgedayvIrusxus²KñaEdr .

CMgW HFMD ekltEtcMeBaHmnusSb:ueNÑaH

ehlyCMgWGutkþam ekltelIgeEtcMeBaH stVBahn³

dUcCaeKaRkbl RCUk nigecomb:ueNÑaH .

etlGVIEdlbgá[manCMgW HFMD?

CMgW HFMD bgáeLlgedayvIrusxus²KñaCaeRcln

EdlsβitenAkñúgRkumGg;ETrU:vIrus (enterovirus)

rYmmankukSaKlvIrus (coxsackieviruses) nigvIrus enterovirus 71 . vIrus

Coxsackievirus A16 KWCaTUeTAbgá[manCMgW HFMD . vIrus

Enterovirus 71)anbgá[kareklteLlgnUvCMgW HFMD FM²enAGasul .

GMLúgeBlmankareklteLlgénCMgW HFMD EdlbgáeLlgeday

vIrus enterovirus 71 GñkCMgWxøHmanCMgWFF¶n;F¶r .

etInrNaTTYleRKaHfñak;BICMgW_{HFMD?}
CMgW_{HFMD} CaTUeTAeklteLlgcMeBaHTark
nigkumarEdlmanGayueRkam₁₀ qñaM
b:uEnpvak^{3/4}GacekltcMeBaHkumarFM mnusSCMTg;
nigmnusS eBjv^{1/2}ypgEdr .
mnusSmñak;GacqøgCMgWenH)an
RbsineblmnusSenaHb:HBal;nwgRbePTvirus_{enterovirus}
EdleKminEdlFøab; b:HBal;BlmunmkeTenaH .
eTaHCay:agk^{3/4}eday GñkxøHEdlqøgCMgWenH
minQWeT .

etleraKsBaØaCMgW_{HFMD} manGVlxøH?
eraKsBaØadMbUgénCm¶W_{HFMD} mandUcCa RKunekpA
QWbMBg;k minXøanGahar ehlymanGarmµN_faQW
-rsab;rs!;| . ry³eBl
BlmYyé¶¶eTABlré¶¶EdlRKunekpA)ancab;epplm
mansñamRkhmtUc²eklttenAkñúgmat;
enAellEpñkxagkñúgénf<al; GBa©ajeFµj nigGNpat .
sñamenHGac køayCaBgEbk bædMe)Arlyy .
karrmas;Es,kk^{3/4}GaceklteLlgenAellRbGb;éd RbGb;eClg
nigkMeb:HKUf nigCYnkalenAelledlméd nigeClgpgEdr .
karrmas;enH rYmansñamRkhm bæBgEbkrlkFM
bærabesµl . GñkEdlmanCMgW_{HFMD}
minEmnsuT§EteklmaneraK sBaØaTaMgenHeT .

CaFmptaeraKsBaØaCMgW_{HFMD} Rsal ehlyCaFmpta
nwgCaedayxøÜnvavijkñúgry³eBl₇ eTA₁₀ éf¶¶ .
eTaHCay:agNak^{3/4}edayCMgW_{HFMD}

kRmnwgGacbgá[manPaBsmúRKsmajNas; .
erOgsmúRKsmajmYyKWrlakeRsamxYrEdlbNpalmkBIVirus
-nib,Útikar! .

eraKsBaØarlakeRsamxYrEdlbNpalmkBIVirusrYmman
QWk,al rwgkBa©wgk nigRKunekpA .

GñkmanCMgWrlakxYrk,alEdlbNpal mkBIVirus

CYnkaRtUvsRmakBüa)alenAmnPlreBTü . kRmmanNas;

Edl_{HFMD} Gacbgá[maneraKrlakxYrk,al -ehlmxYr k,al' enaH

. eraKrlakxYr KWCaCMgWd³/₄F¶n;F¶rmYy

EdIGacbNpal[søab;)an .

etlCMgW_{HFMD} qøgraldaledayrebobNa?

CMgW_{HFMD}

CaTUeTAqøgraldaltamry³karb:HBal;lamkrbs;GñkEdlman

CMgWenH sMe)ar bæesøsm TwkrégEdlbNpalmkBIBgEbk

bæTwkmat; . vIrusEtgEtqøgenAeBlédEdlmin)anlags¥at

rbs;GñkEdlmanCMgWenHb:HBal;nrNamñak;epSgeTot

bæépPRkNat; EdlmanqøgeraK . vIrusEdlbgá[manCMgW

_{HFMD}

Gacrs;)anry³eBlyUrenAellépPRkNat;EdlmanGMeNayplbri

yakas .

GñkEdlmanCMgW_{HFMD}

gaynwgcmøgemeraKbMputenAkñúgGMLúgeBIQWmYys)

aph_dMbUg b:uEnpGacnwgbnþcmøgeTot kñúgry³eBICa

eRcIns)aph_ eRkayBI)at;eraKsBaØaGs; .

etleraKsBaØaecjqab;b:uNÑa?

CaFmpta eraKsBaØaCMgW_{HFMD} ecjkñúgry³eBl₃₋₇ éf¶
eRkayBib:HBal;nwgCMgW nigeKltCMgWenHrYc .

etleKeFVleraKvinicä½yCMgW_{HFMD} edayrebobNa?

CaFmptaevCøbNÐiteFVleraKvinicä½yCMgW_{HFMD}
edayEp¥kellGayu eraKsBaØa nigRbePT nigTItaMgrmas;
nigQWcab;rbs;GñkCMgW . CaTUeTA
evCøbNÐitminRtUvkareFVletspeIm,leFVleraKvinicä½y
CMgW_{HFMD} eT. CYnkal
evCøbNÐitGacyksMLIt,arppitsac;bMBg;k bα
RbmUlsMNakTwkrégEdlbNpalmkBIBgEbk
bαlamkeTAeFVletspeRbePTvIrus_{enterovirus}
Edlbgá[manCMgWenH .

etleKBüa)alCMgW_{HFMD} edayrebobNa?

BuMMmankarBüa)alNamYyCak;lak;eT .
PaKeRcInkumarEdlmanCMgW_{HFMD}
CasHes,IyvijedayÉkÉg . GñkEdlmanCMgW_{HFMD}
KYrsRmak nigpwkTwk()aneRcIn
edlm,IkarBarkarxVHCatiTwk . Gñkppl;karEfTaMsuxPaB
k¾KYrEtENnaMGMBIkarppl;fñaMpgEdr
edlm,IRKb;RKgRKunekpA nigkarQWcab; .

karQWcab;enAkñúgmat;

GaceFVI[karelbGaharcUImankarQWcab; nigBi)ak
ehlykumarxøHGacnwgbdiesFminpwksarFaturaveT
edaysarmUlehtuenH .

Rbsineblkarmincg;pwkTwkbgá[mankarxVHCatiTwkF¶n;F

¶r eKGacRtUvkarkarBüa)aledayeRblsarFaturav
cak;tamsrés .

etleKGacbgáarCMgW_{HFMD} edayrebobNa?

GñkEdlenAkñúgpPHCamYyGñkEdlmanCMgW_{HFMD}
KYrlagédCamYysab‘U nigTwk[])ans¥at
eRkayBleRblbgÁn; pøas;bpÚrknPb[ekµg
bæmankarb:HBal;CamYynwgsMe)ar nigesøs lamk
bæTwkrégEdlbNpalmkBIBgEbk . Rbdab;Rbdaekµgelg
nigépPRkNat; KYrEt lagedaysab‘U nigTwkCamunsin
ehlybnPab;mksMGatedaylaysUluysüúgTwksaEv:l
-bEnßmsaEv:l ¼ EBgcUleTAkñúgTwk mYyháaLúg! .
kumarEdlmanCMgW_{HFMD} KYr[sRmakenApPH
kuM[RtUvkMedAéf¶ bæTAeron rhUtTal;EtRKunekpA
nigkarQWcab;enA kñúgmat;)anCasHes,Iy .
mnusSeBjv½yEdlmanCMgWenH KYrsRmakenApPH
kuMeTAeFVIkar rhUtTal;EteraKsBaØa)at;Gs; .

etl´GacEsVgyl;bEnßmGMBICMgW_{HFMD} edayrebobNa?

RbsineblGñkmansMNYrGMBICMgW_{HFMD}
sUmTak;TgevCøbNÐit
bæRksYgsuxaPi)alkñúgmUldæanrbs;Gñk .

[NOTE TO LOCAL EDUCATIONAL AGENCIES (LEAs): The California Department of Education (CDE) expresses appreciation to Claudia J. Erickson and the California Department of Public Health (CDPH) for their permission to translate the CDPH’s “HFMD Prevention.” As a form of assistance to LEAs, the CDE offers this translation free of charge. Because there can be variations in translation, the CDE recommends that LEAs confer with local translators to determine any need for additions or modifications, including the addition of local contact information or local data, or modifications in

language to suit the needs of specific language groups in the local community. If you have comments or questions regarding the translation, please e-mail the Clearinghouse for Multilingual Documents (CMD) at cmd@cde.ca.gov.]