



MY SAY

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Spread of HFMD shows poor personal hygiene habits

IT IS certainly disturbing to know that the Hand, Foot and Mouth Disease (HFMD) is at a high level again.

My question is: Is the rising number of infectious diseases transmitted, including HFMD, a result of the worrying personal hygiene habits of Singaporeans?

I remember that during the Sars epidemic, people who were quarantined still walked around in public. The terrifying period may be over but bad habits are still aplenty.

People still go to work and to school when they are ill. They

don't wear a face mask when they are sick. They don't wash their hands after going to the toilet. These are just some examples of the common, disgusting habits.

Education on personal hygiene is important.

In the case of HFMD, children below the age of five are the most susceptible.

They are young and may not know much about the importance of personal hygiene, but their parents should teach them good hygiene habits and insist that they do the right thing.

Not doing so is being inconsiderate to the many other children in school.

If people continue with their worrying hygiene habits, it will only be a matter of time before a major outbreak of an infectious disease happens.

I strongly urge everyone to play an active role in maintaining good personal hygiene habits. This is not only for yourself, but also for your family and the community at large.

Mr Loh Sheng Hng

HELPDESK 我的字典

Hand, Foot and Mouth Disease: 手足口症
shǒu zú kǒu zhèng

Personal hygiene habits:
个人卫生习惯
gè rén wèi shēng
xí guàn

Quarantined:
被隔离 bèi gé lí