

# CONTAGIOUS DISEASE OUTBREAKS

In recent weeks, Family Medical Practice has seen a significant increase in the number of cases of several contagious diseases, including:

- Dengue Fever
- Influenza A
- Respiratory Syncytial Virus
- Hand Foot and Mouth Disease

CONDITION	SYMPTOMS
Dengue Fever	Fever, body aches, headache, pain behind the eyes, diffuse rash (may appear in the first few days or later after fever resolves), sometimes cough and diarrhea, nausea or vomiting, joint pain.
Influenza A	Fever, cough, sore throat, runny nose, body aches, headache.
Respiratory Syncytial Virus	Fever, runny nose, wheezing, sneezing, cough—may last one week.
Hand Foot and Mouth Disease	Initial fever, sore throat, malaise, less appetite. 1-2 days later, flat red spots that can become ulcers or blisters may appear in the mouth, also on the palms of the hands and soles of the feet. They can also appear on the knees, elbow, buttocks and genital area.

\* If you or your child have been diagnosed with influenza, RSV, or hand foot and mouth disease, **PLEASE STAY HOME** until you are cleared to return to work or school.

\* For more information on these infections and the precautions that need to be taken to prevent transmission, please pick up our **MEDICAL ALERT** flyers from the waiting areas and shelves at our medical centers.



**FAMILY MEDICAL  
PRACTICE**  
VIETNAM

Your health. Our care.

For more information, please contact your nearest Family Medical Practice medical center.

**FAMILY MEDICAL PRACTICE (HCMC) DISTRICT 1**

34 Le Duan Street, Dist.1, HCMC | For appointments: (028) 3822 7848

**FAMILY MEDICAL PRACTICE (HCMC) DISTRICT 2**

95 Thao Dien Street, Dist.2, HCMC | For appointments: (028) 3744 2000

For Medical Emergencies in HCMC: Dial \*9999

[www.vietnammedicalpractice.com](http://www.vietnammedicalpractice.com)