



Republic of the Philippines
Department of Education
REGION VII – CENTRAL VISAYAS
Division of City Schools – City of Tagbilaran

**Office of the Schools Division
Superintendent**

DIVISION MEMORANDUM

No. **077**, s. 2023

February 20, 2023

HEALTH ADVISORY ON HAND, FOOT AND MOUTH DISEASE (HFMD)

To: CID/SGOD Chiefs
Division Health Personnel
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. In response to the rapidly increasing number of suspected and confirmed cases of Hand, Foot and Mouth Disease (HFMD) observed in several schools in Tagbilaran City, this Office through the School Governance Operations Division School Health and Nutrition Section disseminates this health advisory for your information and guidance.
2. In this regard, all school personnel, school heads, and teachers are encouraged to educate the learners to practice preventive habits such as frequent handwashing and to observe health and safety measures such as wearing of face mask and covering one's mouth when sneezing and coughing to avoid transmission of infection.
3. Additionally, all learners exhibiting signs and symptoms of HFMD such as fever, body malaise and lesions on the mouth, feet and hands are encouraged to stay at home and seek medical consultation as needed
3. Enclosed herewith is a copy of detailed information about HFMD.
4. Immediate and wide dissemination of this Memorandum is desired.

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Schools Division Superintendent
Office of the Schools Division Superintendent

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HAND FOOT AND MOUTH DISEASE

Hand, foot and mouth disease (HFMD) is a mild, contagious viral infection common in young children. It should not be confused with foot-and -mouth disease of cattle, sheep, and swine. Infected individuals are most contagious during the first week of their illness. HFMD cannot be contracted from pets or animals. Incubation period is 3-6 days.

Cause

- is most commonly caused by a coxsackievirus 16. This coxsackievirus belongs to a group of viruses called nonpolio enteroviruses.

Mode of Transmission

- The illness spreads by person-to-person contact with an infected person's nose secretions or throat discharge, saliva, fluid from blisters, stool, respiratory droplets sprayed into the air after a cough or sneeze.

Signs and Symptoms

- Fever
- Sore throat
- Feeling of being unwell (malaise)
- Painful, red, blister-like lesion on the tongue, gums, and inside of the cheeks
- A rash on the palms, soles and sometimes the buttocks. The rash is not itchy, but sometimes it has blisters. Depending on skin tone, the rash may appear red, white, gray, or only show as tiny bumps.
- Irritability infants and toddlers
- Loss of appetite

Treatment

- Treatment is directed toward relief of symptoms (fever and sore throat)
- There is no specific treatment. Signs and symptoms usually clear up in 7-10 days.
- A topical oral anesthetic may relieve the pain of mouth sores.
- Over-the-counter pain medications other than aspirin, such as acetaminophen or ibuprofen, may relieve general discomfort.

Prevention and Control

You can lower your child's risk of hand-foot-and-mouth disease in many ways:

- **Wash hands often.** Wash your hands for at least 20 seconds.
- **Teach good hygiene.** Show your children how to wash their hands and help them do it often. Show them how to practice overall good hygiene
- **Disinfect common areas.** . The virus can live for days on surfaces in common areas, including on door knobs, and on shared items such as toys.
- **Avoid close contact.** Keep children with hand-foot-and-mouth disease out of their child care setting or school until fever is gone and mouth sores have healed. If you have the illness, stay home from work.