Republic of the Philippines
**Department of Education**
REGION IV-A CALABARZON
CITY SCHOOLS DIVISION OF BIÑAN CITY

DEPARTMENT OF EDUCATION
Schools Division of Biñan City
RECORDS SECTION
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**DIVISION MEMORANDUM**
No. 348 , s. 2022

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

To : OIC - Assistant Schools Division Superintendent
Chief, School Governance and Operations Division
Chief, Curriculum Implementation Division
All School Heads

1. Pursuant to DepEd OUGFO Memorandum No. 2022-03-1690, this Office, through the School Health Section of the School Governance and Operations Division, disseminates the Department of Health's public advisory (enclosed) against HFMD (Hand, Foot, and Mouth Disease), a highly infectious disease in young children.

2. Teachers and school health personnel are encouraged to provide information and education materials to learners that focuses on the practice of preventive habits such as frequent handwashing, continuous wearing of facemasks in schools, and covering one's mouth when sneezing or coughing.

3. Anyone exhibiting signs and/or symptoms of HFMD are advised to refrain from reporting to work/school and seek immediate medical care at the nearest health facility. They are also encouraged to notify the School Health Section thru their assigned nurse for recording & reporting purposes.

4. For more information on this subject, kindly contact Dr. Rhey Ian Buluag, Medical Officer III, thru email at rheyian.buluag@deped.gov.ph

5. Immediate and widest dissemination of this Memorandum is desired.

**EDNA FAURA-AGUSTIN**
Schools Division Superintendent

Encl. DOH Advisory

SGOD/SH / RINB / RINB DM-Public Health Advisory on HFMD / 10/27/2022

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PHILIPPINE HEALTH ADVISORIES

# Hand, Foot, and Mouth Disease

Hand, foot, and mouth disease (HFMD) is a common viral illness of infants and children. It should not be confused with foot-and-mouth (also called hoof-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 2-14 days

**Cause**

A virus of the family Picornaviridee, genus *Aphthovirus*

**Mode of Transmission**

Spreads by contact with nose and throat discharges, saliva of infected persons, or after touching contaminated objects

**Signs and Symptoms**

- Fever
- Sore throat
- Feeling of being unwell (malaise)
- Painful, red, blister-like lesions on the tongue, gums. and inside of the cheeks
- Red rash, without itching but sometimes with blistering, on the palms, soles, and sometimes the buttocks
- Irritability in infants and toddlers
- Loss of appetite

**Treatment**

- Treatment is directly 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 help relieve the pain of mouth sores.
- Over-the-counter pain medications other than aspirin, such as acetaminophen or ibuprofen, may help relieve general discomfort.

**Prevention and Control**

- There is no specific way to prevent the infection. Good hygiene (e.g., proper handwashing) can decrease the risk of spreading the disease.
- Disinfect premises and all infected materials (implements, cards, clothes, etc.).


**References**

- DOH Philippines. (2005). Health Advisory on Foot and Mouth Disease.
- Mersch, John. (2011).Hand Foot and Mouth (HFM) Disease. Retrieved from http://www.medicinenet.com/hand-foot-and-mouth_syndrome/article.htm


Image from http://www.empowher.com/media/reference/hand-foot-and-mouth-disease


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# HAND, FOOT, AND MOUTH DISEASE

Ang HFMD ay isang ***nakakahawang viral infection*** sanhi ng ***coxsackievirus at enterovirus*** na karaniwang sakit ng mga **sanggol at mga bata.** Ito ay nakakahawa sa **unang linggo ng impeksyon.**

## PAMAMARAAN NG PAGKALAT

Ito ay kumakalat sa pamamagitan ng kontak sa **sipon, plema, laway, dumi ng tao** na may HFMD o sa paghawak sa mga bagay na hinawakan nito.

## MGA PALATANDAAN AT SINTOMAS

- **Lagnat**
- **masakit** at **mapulang paltos** sa dila, gilagid at sa loob ng pisngi
- **Walang gana kumain**
- **Masamang Pakiramdam** nanghihina at ayaw kumilos
- **kalimitang pagkairitable** ng sanggol at maliliit na bata
- **Masakit na lalamunan**
- **pulang rashes** na walang pangangati na kung minsan ay may makikitang paltos sa palad, talampakan, at puwit

## PAG-IWAS AT PAGKONTROL

- **Kalinisan** sa pangangatawan
- **Disimpektahin ang lugar** at mga **kontaminadong bagay** (halimbawa: card, damit, atbp.)
- **Ugaliing maghugas ng kamay**
- **Iwasan ang paglapit** (paghalik o pagyakap) sa mga taong may HFMD.

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