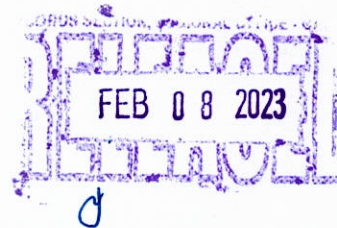




Republic of the Philippines
Department of Education
CARAGA REGION



February 8, 2023

REGIONAL MEMORANDUM

No. 0091, s. 2023

To: SCHOOLS DIVISION SUPERINTENDENTS
This Region

PREVENTION OF HAND, FOOT, AND MOUTH DISEASE (HFMD) IN SCHOOLS

1. This office, through the Education Support Services Division (ESSD) – Health and Nutrition Unit disseminates the Department of Health’s (DOH) public health advisory against the highly infectious Hand, Foot and Mouth Disease (HFMD) common in young children.
2. To ensure the safety of learners and to prevent the spread of HFMD, DOH encourages the following actions:
 - a. Ensure that handwashing facilities in all schools are utilized and always dunctional and that water and soap are always available;
 - b. Coordinate with Local Chief Executives through the Local Health Units for regular disinfection od classroom and school offices;
 - c. Utilize all locally available information and campaign materials, including the DOH Playbooks for Schools on Hand Hygiene and Sanitation;
 - d. Intensify information dissemination on proper handwashing to students, teachers and all school personnel; and
 - e. Inform parents of students to monitor their family members dor signs and symptoms and to seek immediate medical advice when these are present.
3. For immediate dessimation.


MA. GEMMA MERCADO LEDESMA
Director IV

Encl/s.: OASGFO Memo No. 2022-102, DOH Advisory
Reference/s: OASGFO Memo No. 2022-102, DOH Advisory
To be indicated in the Perpetual Index
under the following subjects:

HAND FOOT AND MOUTH DISEASE ADVISORY

OK SA DEPED

ESS/jcc
02/07/2023



Address: J.P. Rosales Avenue, Butuan City
Trunkline No: (085) 225-1151
Telefax No: (085) 342-5969
Email: caraga@deped.gov.ph
Website: <https://caraga.deped.gov.ph/>



2023-02-01661

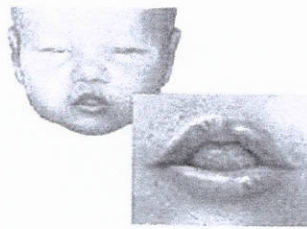
Doc. Ref. Code	RO-ASD-F107	Rev	00
Effectivity	02.01.23	Page	1 of 1



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 Picornaviridae, 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 (HFMD) 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>

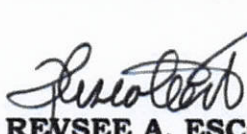


Republic of the Philippines
Department of Education
OPERATIONS

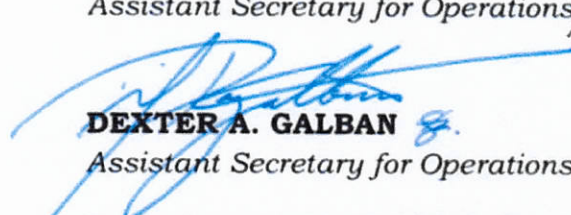
OASGFO No. 2022-102

MEMORANDUM

TO : **ALL REGIONAL DIRECTORS**
ALL SCHOOLS DIVISION SUPERINTENDENTS
ALL SCHOOL HEADS
ALL OTHERS CONCERNED

FROM : 
Atty. REVSEE A. ESCOBEDO
Undersecretary for Operations


FRANCIS CESAR B. BRINGAS
Assistant Secretary for Operations


DEXTER A. GALBAN
Assistant Secretary for Operations

SUBJECT : **Department of Health's Recommendations to Prevent Hand Foot and Mouth Disease**

DATE : **January 25, 2023**

This Office respectfully endorses the attached letter from Dr. Maria Rosario S. Vergeire, Officer-in-Charge, Department of Health (DOH), dated December 2, 2022, regarding the DOH's recommendations to prevent Hand Foot and Mouth Disease (HFMD).

To prevent the spread of HFMD, DOH encourages the following actions:

1. Ensure that handwashing facilities in all schools are utilized and always functional and that water and soap are always available;
2. Coordinate with Local Chief Executives through the Local Health Units for regular disinfection of classrooms and school offices;
3. Utilize all locally available information and campaign materials, including the DOH Playbooks for Schools on Hand Hygiene and Sanitation;
4. Intensify information dissemination on proper handwashing to students, teachers, and all school personnel; and

5. Inform parents of students to monitor other family members for signs and symptoms and to seek immediate medical advice when these are present.

For wide dissemination and appropriate action.