

A CLOSER VIEW ON HFMD

by:

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Apart from COVID-19, there are other diseases that people should be aware of. Just this December, some schools in Dinalupihan have reported cases of Hand, Foot, and Mouth Disease (HFMD). This is a serious matter considering that health is at stake.

What is HFMD? Hand, Foot, and Mouth Disease (HFMD) is common in children. It is caused by a virus (usually from the coxsackie group of enteroviruses, particularly coxsackie virus A16). Symptoms of HFMD usually include fever, mouth sores, and skin rash. The rash is commonly found on the hands and feet. Most children have mild symptoms for 7 to 10 days.

Painful, blister-like lesions on the tongue, gums and inside of the cheeks may appear. A rash on the palm, soles, and sometimes, the buttocks. The rash is not itchy, but sometimes, it has blisters. Depending on the skin tone, rash may appear red, white, gray, or only show as tiny bumps.

To prevent the spread of HFMD, all must remember that prevention is better than cure. Good personal hygiene remains the primary step to prevent most diseases. Washing hands more often, disinfecting common areas, avoiding close contact, having daily exercise, and eating healthy foods are highly advised.

If ever HFMD is acquired, isolation is needed. Personal things should not be shared as much as possible to prevent the spread of the virus.

Without a doubt, health is wealth. Aside from being aware of what is happening around, all must practice good health habits to avoid sickness and diseases. In addition, disseminating information related to this matter is also encouraged.

References:

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/hand-foot-and-mouth-disease>