

WHAT YOU SHOULD KNOW ABOUT HFMD

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The number of hands, foot and mouth disease (HFMD) cases in the country is increasing. The Department of Health (DoH) has advised the public against the highly infectious Hand, Foot, and Mouth Disease (HFMD) after more than 100 children in a town in Batangas were infected.

The World Health Organization defined HFMD as an infectious disease that is common in children but can also occur in adolescents and occasionally in adults.

Common symptoms are fever, colds, painful sores in the mouth, rash with blisters on hands, feet, and buttocks and around the mouth. It is usually last for 5-7 days.

HFMD spreads easily through

- Person-to-person contact
- Respiratory droplets having virus particles when an infected person coughs or sneezes
- Contact with contaminated surfaces and object

There's no treatment for the said infection. But it goes away in 7-10 days. Doctors usually give anti-allergic, antibiotic, and multi-vitamins.

Here are some ways to prevent HFMD from spreading:

- Avoid contact with anyone who has HFMD
- Wash hands frequently
- Disinfect surfaces, floors, toys regularly

- Drink enough liquids.
- Eat more fruits and vegetables and exercise regularly to increase immunity against infectious diseases such as HFMD.
- Consult your doctor if symptoms do not improve after 10 days

References:

<http://www.cdc.gov/hand-foot-mouth/about/signs-symptoms.html>

<https://www.manilatimes.net/2022/10/18/news/doh-raises-alert-on-hand-foot-and-mouth-disease-after-batangas-outbreak/1862721>