



FINALS - 10-152

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**SCHOOLS DIVISION OF BULACAN**

**Republic of the Philippines**  
**Department of Education**  
**OFFICE OF THE UNDERSECRETARY**  
**GOVERNANCE AND FIELD OPERATIONS**

DepEd-SDO of Bulacan Office of the Undersecretary for Governance and Field Operations  
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OUGFO No. 2022-03- 1690  
**MEMORANDUM**  
19 October 2022

**FOR :** Regional Directors and BARMM Minister of Education  
Schools Division Superintendents  
School Health Personnel  
Public and Private Elementary and Secondary School Heads and  
Teachers  
All Others Concerned

**FROM :** *[Signature]*  
**ATTY. REVSEE A. ESCOBEDO**  
*Undersecretary for Governance and Field Operations*

**SUBJECT :** **DISSEMINATION OF DOH'S PUBLIC ADVISORY ON HAND, FOOT, AND MOUTH DISEASE**

This Office, through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), disseminates the Department of Health's (DOH) public health advisory (Annex A) against the highly infectious Hand, Foot, and Mouth Disease (HFMD) common in young children.

This is to ensure the safety of the learners amidst of an outbreak of the disease in several towns in Batangas province, particularly in the areas of San Pascual and Cuenca, where over 100 children have been reported to have caught the viral infection, prompting the suspension of face-to-face classes in all public and private schools from elementary to high school.

In this regard, teachers and school health personnel are encouraged to educate the learners to practice preventive habits such as frequent hand-washing and to observe health and safety measures such as wearing of face mask and covering one's mouth when sneezing or coughing to avoid the transmission of infection.

For more information on this subject, please contact Dr. Maria Corazon C. Dumlao, Chief Program Officer, BLSS-SHD, through (02) 8632-9935 or email at blss.shd@deped.gov.ph.


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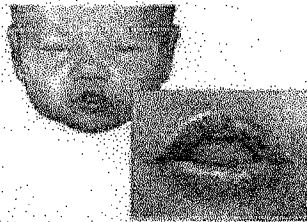
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# Hand, Foot, and Mouth Disease

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](http://www.medicinenet.com/hand-foot-and-mouth_syndrome/article.htm)

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