



Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OF BULACAN

October 8, 2025

DIVISION MEMORANDUM

No. 501, s.2025

**HAND, FOOT AND MOUTH DISEASE AWARENESS, PREVENTION
AND CONTROL IN SCHOOLS**

To: Assistant Schools Division Superintendent
Division and District Supervisors
Heads, Public Elementary and Secondary Schools
All others Concerned

1. In light of the increasing cases of Hand, Foot and Mouth Disease in the Philippines, the Department of Education (DepEd) supports the Department of Health's (DOH) campaign on Hand, Foot, and Mouth Disease Awareness and Prevention to ensure the safety of learners and other personnel in the schools. The memorandum outlines preventive and response measures to be implemented in schools in accordance with the Department of Health Memorandum no. 2022-0572 "*Guidelines on Hand, Foot, and Mouth Disease (HFMD) through Prevention, Detection, Isolation, Treatment, and Reintegration (PDITR)*".
2. Hand, Foot and Mouth Disease is a viral infection commonly affecting children but may also occur in adolescents and adults. It is highly contagious and easily spreads through direct contact with an infected person's saliva and other body fluids, or through contaminated surfaces. Symptoms include fever, sore throat, sores on the hands, feet, and mouth, and decreased appetite.
3. The following are the key measures for prevention and control of HFMD in schools:
 - a. Reinforcement of Preventive Measures
 - i. Proper Hygiene
 1. Encourage regular hand hygiene with soap and water



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2. May utilize alcohol-based hand sanitizers in common areas such as classrooms and canteens if hands are not visibly soiled
- ii. Regular Disinfection
 1. Regular disinfection of high-touch surfaces such as tables, doorknobs, and other learning materials
- b. Timely Reporting and Monitoring of Cases
 - i. All suspected and confirmed cases are required to isolate and stay at home until cleared by physician
 - ii. All suspected and confirmed cases must be reported to the assigned SDO nurse per district, and properly coordinated with local health offices
 - iii. All confirmed cases shall be encoded by the assigned SDO nurse in the monitoring sheet provided by the DepEd Region III
- c. Strengthen Health Education and Awareness
 - i. Conduct awareness campaigns on HFMD transmission, detection and preventive measures
 - ii. Dissemination of infographics on the symptoms of HFMD (Annex A)
 - iii. Dissemination of infographics on proper handwashing (Annex B)
 - iv. Dissemination of infographics on utilization of alcohol-based sanitizers for hand rub (Annex C)
- d. Implementation of Infection Control Protocols
 - i. Conduct school-wide disinfection if with suspect or confirmed case of HFMD
 - ii. Discourage sharing of personal items such as spoons, cups and utensils
 - iii. Use of appropriate personal protective equipment (face masks, gloves) when caring for a suspected or confirmed case
 - iv. Ensure proper ventilation in common areas such as classrooms and canteens.
- e. Reintegration



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- i. Individuals with uncomplicated HFMD usually recover within 7-10 days
 - ii. The learner may resume regular school activities once checked and cleared by attending physician
4. The Schools Division Offices should ensure strict implementation of the aforementioned preventive and control health measures.
5. Immediate and widest dissemination of this Memorandum is desired.



CECILIA E. VALDERAMA, PhD
Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent



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Annex A. Signs and Symptoms of Hand, Foot and Mouth Disease.

Hand, Foot, and Mouth Disease (HFMD)



Ang HFMD ay isang nakakahawang sakit na kalimitang naapektuhan ang mga batang may edad **5 taon pababa**.

Bukod sa lagnat at ubo, nagdudulot din ito ng **singaw sa bibig at pantal sa kamay at paa**.



Pantal sa
kamay at paa



Lagnat
at ubo



Singaw



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Madaling kumalat ang HFMD!



Nakukuha ito kapag pumasok ang virus sa **mata, ilong, o bibig**.
Maaaring mahawaan ng HFMD mula sa taong may impeksyon sa
pamamagitan ng:



Paglanghap ng virus mula sa
ubo o pagbahing ng maysakit



Paggamit ng parehong
baso o kubyertos



Paghawak ng gamit o
bagay na nabahingan



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Iwasan ang HFMD!



Palaging maghugas ng kamay gamit ang tubig at sabon o alcohol-based hand sanitizer.



Iwasang hawakan ang mukha lalo na ang mata, ilong, at bibig.



Linisin at i-disinfect ang mga kagamitan.



Magpakonsulta sa health center kapag nakapansin ng sintomas sa iyong anak.



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Annex B. Steps of Proper Handwashing.

Paano ba maghugas nang tama?
'Wag magmadali sa paghuhugas ng kamay:

1 Basain ang kamay gamit ang running water

2 Gumamit ng sabon

3 Kuskusing maigi ang iyong kamay kasama ang pagitan ng mga daliri at likod ng kamay. Gawin ito sa loob ng 20 segundo

4 Banlawan nang maigi ang kamay gamit ang running water

5 Patuyuin ang kamay gamit ang malinis na tuwalya o single-use towel

It's WASH O'CLOCK
Iwas germs at sakit sa loob ng 20 seconds

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Annex C. Utilization of Alcohol-Based Sanitizers for Hand Rub.



Walang malinis na tubig na
pwedeng gamitin sa paghugas ng kamay?

**Gumamit ng
70% alcohol o
hand sanitizer**

PAALALA!
Kung may malinis na tubig na magagamit,
mas mainam pa rin na maghugas ng kamay
gamit ang sabon at dumadaloy na tubig mula
sa gripo o tabo.

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