



Republic of the Philippines
Department of Education
REGION V
SCHOOLS DIVISION OF SORSOGON


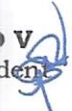
October 27, 2022

DIVISION MEMORANDUM
No. 207, s. 2022

Dissemination of DOH's Public Advisory on Hand, Foot and Mouth Disease

TO : Assistant Schools Division Superintendent
Chiefs, CID and SGOD
Public Schools District Supervisors
Elementary and Secondary School Heads
School Health Section Personnel
All Others Concerned

1. Attached herewith is OUGFO Memorandum no. 2022-03-1690 re: Dissemination of DOH's Public Advisory on Hand, Foot and Mouth Disease. School authorities are requested to strictly follow the provisions of this guidelines.
2. Widest dissemination of this Memorandum is hereby enjoined.


JOSE L. DONCILLO, CESO V
Schools Division Superintendent 



Balogo Sports Complex, Balogo, Sorsogon City, Sorsogon 4700 .
Landline: (056) 421-5415
Email: sorsogon@deped.gov.ph
Website: deped.sorsogon.com.ph



CIP 5461/21/05/1163




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

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 : 
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.

For immediate dissemination.

Ground Floor, Rizal Building, DepEd Complex, Meralco Avenue Pasig City 1600
Email: oure@deped.gov.ph; Website: www.deped.gov.ph
Tel. No.: (02) 8633-5313; (02) 8631-8492



Balogo Sports Complex, Balogo, Sorsogon City, Sorsogon 4700 .
Landline: (056) 421-5415
Email: sorsogon@deped.gov.ph
Website: depedsorsogon.com.ph



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ANNEX A



PHILIPPINE HEALTH ADVISORIES

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>



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