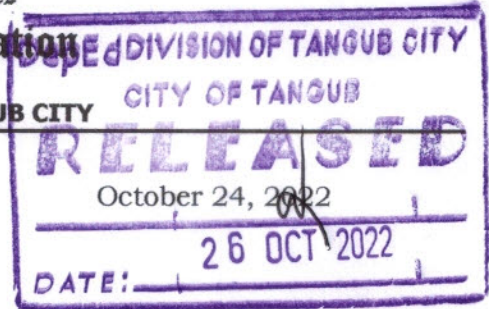




Republic of the Philippines  
Department of Education  
Region X  
SCHOOLS DIVISION OF TANGUB CITY



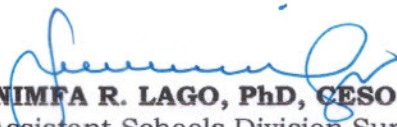
**DIVISION MEMORANDUM**

No. 325, s. 2022

Subject: **DISSEMINATION OF DOH'S PUBLIC ADVISORY TO HAND, FOOT, AND MOUTH DISEASE**

To : Chief, School Governance Operations Division (SGOD)  
Chief, Curriculum Implementation Division (CID)  
Public Schools District In charge  
Public Elementary & Secondary School Heads  
All Other Concerned  
This Division

1. This Office disseminates **UGFO No.2022-03-1690** dated October 19,2022 entitled, **DISSEMINATION OF DOH'S PUBLIC ADVISORY TO HAND, FOOT, AND MOUTH DISEASE**, for the information and reference of all concerned.
2. We anticipate an upsurge of Hand, Foot, and Mouth Disease at this time of year. Summer and early fall are usually the peak seasons for cases. Hand, foot, and mouth disease (HFMD) is a highly contagious viral infection that can manifest on any of the bodily parts that make up its name. A recent outbreak of the disease in several towns in Batangas province, particularly in the areas of San Pascual and Cuenca, where over 100 children have reported to have caught the viral infection, promoting the suspension of face-to-face classes in all public and private schools from elementary to high school.
3. To ensure that an outbreak of the same illness or other illnesses will not happen in this Division, the School Health and Nutrition Section request the school heads and teachers to educate the learners to practice preventive habits such as frequent handwashing and to observe health and safety measures such as wearing of face mask and covering one's mouth when sneezing or coughing to avoid transmission of infection.
4. Immediate and wide dissemination of this Memorandum is desired.

  
**NIMFA R. LAGO, PhD, CESO VI**  
Assistant Schools Division Superintendent  
OIC-Office of the Schools Division Superintendent



Address: Anecito Siete St. Mantic, Tangub City  
Telephone: (088) 530 - 5988




Republic of the Philippines  
**Department of Education**  
OFFICE OF THE UNDERSECRETARY  
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 :   
**ATTY. REVSEE A. ESCOBEDO**  
*Undersecretary for Governance and Field Operations*

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

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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](mailto:blss.shd@deped.gov.ph).

For immediate dissemination.



# 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)

Image from <http://www.empowher.com/media/reference/hand-foot-and-mouth-disease>