



Republic of the Philippines  
**Department of Education**  
 REGION VIII - EASTERN VISAYAS

March 17, 2023

**REGIONAL MEMORANDUM**

No. **247**, s. 2023

**AWARENESS AND PREVENTIVE MEASURES AGAINST THE HAND,  
 FOOT, AND MOUTH DISEASE OCCURRENCE**

To: Schools Division Superintendents  
 Division Medical Officers  
 Public Elementary and Secondary School Heads  
 All Others Concerned

1. In consonance with the Department of Health Eastern Visayas Advisory No.2023-005, dated March 6, 2023 Re: **Preventive Measures Against the Hand, Foot, and Mouth Disease (HFMD)** and to raise the level of awareness of the public relative to the said disease, this Office, through the Education Support Services Division (ESSD), directs all the DepEd personnel across governance levels to intensify the information drive about the occurrence of the disease and how this can be prevented.
2. All the Schools Division Offices, District Offices, Schools, and Community Learning Centers are advised to include in their discussion the signs and symptoms of this disease and the preventive measures as stipulated in DOH Advisory.
3. In this connection, the Schools Division Superintendents shall ensure that all schools are monitored and shall coordinate immediately with the nearest Rural Health Unit in case there are affected teaching and non-teaching personnel and learners for possible and prompt treatment. Likewise, a consolidated report of cases shall be submitted to the office through the ESSD at [essd.region8@deped.gov.ph](mailto:essd.region8@deped.gov.ph).
4. Immediate dissemination of and compliance with this Memorandum are desired.

  
**EVELYN R. FETALVERO, CESO III**  
 Regional Director

Enclosures: DOH Eastern Visayas Advisory No.2023-005, dated March 6, 2023  
 References: As stated  
 To be indicated in the Perpetual Index under the following subjects:  
 HAND, FOOT AND MOUTH DISEASE HEALTH



ESSD-RMG





## **HEALTH ADVISORY ON PREVENTIVE MEASURES AGAINST THE HAND, FOOT, AND, MOUTH, DISEASE (HFMD)**

(ADVISORY NO. 2023-005)

March 6, 2023

The DOH-EVCHD is informing the public against the continued occurrence of the Hand, Foot, and Mouth Disease (HFMD) in the region. Based on the latest situational report of the Regional Epidemiology and Surveillance Unit (RESU), the region has already recorded a total of 116 HFMD cases from January 1, 2023 to February 25, 2023—a significant increase compared to the 22 cases reported during the same period last year. The province of Leyte posted the highest number of cases, with majority of the infected being males, and spanning from infants to 17 years of age.

The HFMD is a highly contagious viral disease often affecting infants and children. Most HFMD cases are mild, self-limiting, and non-fatal, but may progress to *meningitis*, *encephalitis*, and *polio*-like paralysis if left unmanaged. It is usually transmissible through contact with nose and throat discharges, the saliva of infected persons, and/or contaminated objects. However, it is important to note that the HFMD cannot be contracted from animals and should not be confused with the Foot-and-Mouth Disease in cattle, sheep, and swine. Below are some of the signs, symptoms and preventive measures that the public can follow in managing this infectious disease.

### Signs and Symptoms:

1. Fever;
2. Sore throat;
3. Feeling of being unwell (*malaise*);
4. Painful, red, blister-like lesions on the tongue, gums, and insides of the cheeks;
5. Red rash, without itching, but sometimes with blistering on the palms, soles, or the buttocks;
6. Irritability in infants and toddlers; and
7. Loss of appetite.

### Preventive Measures:

1. Perform mandatory washing of hands with soap and water, and use of alcohol-based sanitizers, in all opportunities and occasions, especially in the hospital, household, and school settings;
2. Avoid sharing personal items such as spoons, cups, and utensils;
3. Observe Minimum Public Health Standards (MPHS)—physical distancing and using appropriate personal protective equipment—especially when symptoms are present (i.e., properly fitted face mask, gloves);
4. Isolate patients with HFMD;
5. Parents/guardians are advised to ensure that children with suspected, probable, or confirmed HFMD cases should remain at home, refrain from attending school, day-care facilities, or other face-to-face activities until such time that the patient is not exhibiting symptoms anymore, and strictly adhere to the advice of a health care provider;
6. If symptoms persist beyond 10 days, parents/guardians are advised to seek medical consultation immediately, most especially if the symptoms become severe, or is accompanied by nervous system and cardiorespiratory signs and symptoms.

For information and guidance.