

# Department of Disease Control, Weekly Disease Forecast No.208\_HFMD (28 April - 4 May 2019)

From the national disease surveillance system during 1 January to 20 April 2019, the Department of Disease Control reveals 9,827 Hand, Foot and Mouth Disease (HFMD) cases with no deaths.

Most of the patients were young children aged 1 - 4 years old, followed by infants (aged less than 1 year old), children aged 5 - 9 years old respectively. Provinces with the highest top three incidence rates (cases per 100,000 population) were Surat Thani, Chiang Mai and Prachaup Khirikhan respectively.



According to this week disease forecast, the occurrence of HFMD is likely to increase during the upcoming rainy season and the opening of the school semester.

HFMD occurs mostly in young children aged less than 5 years old who stay in nurseries, child-development centers, and kindergartens. The Department of Disease Control (DDC) therefore advises child-caregivers and teachers to screen children on a daily basis by observing symptoms such as fever, mouth sores, skin rash with red spots on palms of hands and soles of feet. Educational institutes with small children are recommended to provide health education and encourage children to wash their hands often especially before having meals and after using toilets. Facilities and utensils should be kept clean and hygienic. It is also safer to provide separate utensils, especially water cup, for each child. The DDC advises parents to protect young children well from the disease by avoiding crowded places such as playground and department store. Young children should be kept away from other children with HFMD symptoms.

Children with these symptoms should be isolated for medical care followed by home care. HFMD illness is usually mild. Nearly all patients recover within 7 to 10 days by symptomatic treatment. However, urgent hospitalization is needed in patients with warning signs such as high fever, stiff neck, recurrent vomiting, rapid breathing, excessive tiredness, irritability, drowsiness and limb weakness.

For queries or additional information, please call DDC hotline 1422.

