

Department of Disease Control

Weekly Disease Forecast No. 216_HFMD

(23 – 29 June 2019)

From the national disease surveillance system, the Department of Disease Control reveals that this year up to the present there had been 14,294 Hand, Foot and Mouth Disease (HFMD) cases with no deaths. The highest incidence was found in the age group 1 – 3 years. The disease had shown an increasing trend during April to May with 2,085 cases in May.

Close monitoring of the disease situation had detected 14 HFMD clusters which occurred in child daycare centers (7), residences (3), schools (3) and a hospital (1).



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 especially among young children aged less than 5 years old in nurseries, child daycare centers, and kindergartens.

Typical symptoms of HFMD usually begin with fever and painful mouth sores followed by skin rash with red spots on palms of hands and soles of the feet. Rash can also be found on knees, elbows and buttocks. Painful mouth sores in young children usually make it difficult to eat food. HFMD is spread from an infected person to others through direct contact with nasal mucus, saliva, droplets made when people with the disease cough or sneeze, blister fluid, and stool. The illness is typically mild, and fever disappears in 2 to 3 days. Nearly all patients recover in 7 to 10 days by symptomatic treatment and home care. However, some strains of the virus can cause rare but severe complications including pneumonia, myocarditis, meningitis, acute flaccid paralysis, and encephalitis which can be fatal.

The Department of Disease Control advises that HFMD patients should be isolated for medical care followed by home care. However, urgent hospitalization is needed in patients with warning signs such as high fever, stiff neck, cold sweating, lethargy, recurrent vomiting, rapid breathing, excessive tiredness, irritability, myoclonic jerks, drowsiness and limb weakness.

Kindergartens, child daycare centers, and nurseries are recommended to screen children on a daily basis by observing HFMD symptoms, 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.

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



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