

# Department of Disease Control

## Weekly Disease Forecast No.69\_HFMD

### (1-7 August 2016)

From the national disease surveillance system, during 1 January to 26 July 2016, there were 41,725 Hand, Foot and Mouth Disease (HFMD) patients with two deaths. The number of patients is three times higher than the same period of last year and the 5-year median. The highest incidence rates were found in infants and children younger than 4 years old, followed by 5-14 years age group.

From the HFMD pathogen surveillance system, during 1 January - 9 July 2016, Coxsackie A 16 virus was found most, at 60 percent, followed by Enteroviruses at 33.33 percent, and Enterovirus 71 (EV 71) at 6.67 percent. A thirteen month old boy had severe HFMD symptoms. Patient and laboratory investigations revealed EV 71 virus as the causative agent.



According to this week disease forecast, HFMD is likely to increase during this period. The risk group is young children. Therefore, it is advised that nurseries and kindergartens should always be prepared for disease surveillance and prevention. Facilities and environment should be kept clean and hygienic. Children are encourage to wash their hands often. To help prevent the disease from spreading, sick children should stay home and avoid close contact with other persons.

HFMD is spread through saliva, nasal mucus, and feces of infected person mostly during the first week of illness. Symptoms usually begin with fever and painful mouth sores followed by skin rash with red spots on palms of the hands and soles of the feet. Rash can also be found on knees, elbows and buttocks. Painful sores can develop in the mouth, tongue, tonsils, buccal mucosa, and soft palate. Young children may not able to eat much food because of painful mouth sores. 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. Complications including meningitis, acute flaccid paralysis and encephalitis are rare but can be fatal. Warning signs are high fever, stiff neck, cold sweating, lethargy, recurrent vomiting, limb weakness and myoclonic jerks which indicate an urgent hospitalization.



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