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Media alert from the Media Scanning & Verification Cell, IDSP-NCDC.

Alert ID	Publication Date	Reporting Date	Place Name	News Source/Publication Language
6943	21.08.2022	23.08.2022	Patna Bihar	www.timesofindia.com/English https://timesofindia.indiatimes.com/city/patna/cases-of-hand-foot-mouth-disease-on-rise-among-schoolchildren-in-patna/articleshowprint/93686107.cms
Title:	Cases of hand-foot-mouth disease on rise among schoolchildren in Patna, Bihar			
Action By CSU, IDSP -NCDC	Information communicated to DSU – Patna, SSU- Bihar			

Doctors across the city are getting many patients suffering from hand-foot-and-mouth disease (HFMD), a common viral infection among schoolchildren. However, it is not a serious disease, they say.

WATCH OUT FOR

Symptoms | Mild to moderate fever, rash on hands, feet and buttocks and sores in the mouth which can be painful

Vulnerable age group | From infants to teenagers, with more severe symptoms being seen in younger children

How it spreads | Through secretions from mouth, respiratory droplets or blister fluids

Remedial measures for infected children

- > Isolate for at least a week and do not send to school
- > Monitor the child's fever
- > Ensure that they do not get dehydrated
- > Avoid oily, spicy foods which will aggravate sores in the throat
- > Ensure everything is sanitized, proper disposal of diapers and proper washing of infected clothes
- > Cut nails and bathe twice a day
- > Give room temperature food
- > Verify with a doctor before sending back to school

I have treated seven to eight children suffering from hand-foot-and-mouth disease in the last one fortnight. This number is certainly higher as compared to normal times. It seems the virus has migrated to the city with the infected people coming from Maharashtra or some other states in the country

DR REENA SINHA
Kurji Holy Family Hospital

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Integrated Disease Surveillance Programme (IDSP), National Centre for Disease Control,
Ministry Of Health & Family Welfare, Government of India

22-Sham Nath Marg, Delhi – 110 054

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Dr Vivekanand said several HFMD cases have been reported from different localities recently. He said the virus might have been transmitted from the infected people coming from other states, namely, Delhi, Chandigarh, Maharashtra, Goa, Kerala and Karnataka. "Parents are advised not to send their children infected with the disease to school for a week in order to stop the spread of the highly contagious virus," he said.

Distinguishing it from other viruses like monkeypox, chickenpox or Covid, Dr Vivekanand said it mainly affects children below 7 years. Cocksackievirus A16 and enterovirus A71 are the serotypes most frequently associated with HFMD and responsible for the majority of large outbreaks, he said.

Dr Reena Sinha, a senior consultant at Kurji Holy Family Hospital, said she has treated seven to eight children suffering from HFMD in the last one fortnight. This number is certainly higher as compared to normal times. It seems the virus has migrated to the city with the infected people coming from Maharashtra or some other state, she said.

Dr Sinha pointed out that the infection occurs after oral ingestion of virus that is shed from the gastrointestinal or upper respiratory tract of infected individuals. The virus is transmitted via the ingestion of fecal material, oral secretions, or respiratory secretions. This infection may also occur following contact with vesicle fluid or oral and respiratory secretions, she said.

Viral disease expert Dr Arun Shah observed that anyone can get infected, but children under 5 are most likely to get it. It tends to spread easily in summer and rainy months. Early symptoms of the disease may include fever, sore throat, feeling unwell (malaise), loss of appetite, fatigue and crankiness. After a day or two of the infection, a child may have rashes that turn into blisters. Patients may also develop sores on their knees, elbows or buttocks, he said.

Dr Shah pointed out that mouth sores can make it hurt to swallow. Eating or drinking less than usual could also be the sign of a child's illness. The children must get enough fluids and nutrients to avert dehydration. The disease usually resolves on its own with no treatment, but at times some drugs may be needed for relief if the blistering becomes painful, he said.

Dr Satish Kumar of NMCH said, "Parents must monitor the child's fever and ensure that they don't get dehydrated. Generally antibiotics are not required as it is a viral disease. The mainstay of treatment is paracetamol for fever and pain and adequate fluids. It passes off in about seven days, but since it is highly infectious, infected children should not be sent to school."

The incubation period for HFMD typically is three to five days, but has been reported to be as short as two days and as long as seven days, he added.

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