



Introduction

Hand, Foot and Mouth Disease (HFMD) is a common infectious disease caused by a group of enteroviruses, including Coxsackievirus A16 (CA16) and Enterovirus 71 (EV71). Infection with EV71 is of particular concern as it can cause severe disease in children, sometimes resulting in death.

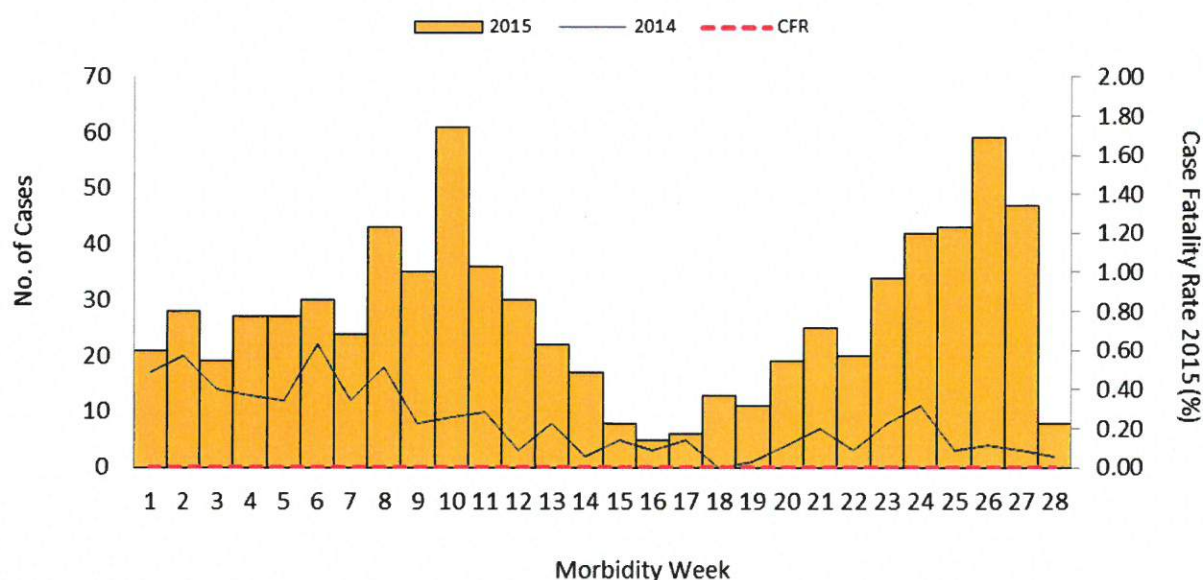
Hand, foot and mouth disease is characterized by a brief febrile illness in children and typical skin rash, with or without mouth ulcers. Typically, the rash is papulovesicular and affects the palms or soles of the feet, or both. However, cases involving the central nervous system (CNS) and/or pulmonary edema have also been observed.

HFMD is spread from person to person by direct contact with the infectious viruses that cause this disease. These viruses are found in the nose and throat secretions (such as saliva, sputum or nasal mucus). Infected persons are most contagious during the first week of the illness. Viruses that cause this disease can remain in the body for weeks after a person's symptoms have gone away.

Trend in the Philippines

A total of **760** suspect hand, foot and mouth disease cases were reported nationwide from January 1 to July 18, 2015. This is **234.8%** higher compared to the same time period last year (**227**).

Fig. 1 Suspect Hand, Foot and Mouth Disease Cases by Morbidity Week,
Philippines, as of July 18, 2015
2015* vs 2014 (N=760)



*NOTE: Case counts reported here do NOT represent the final number and are subject to change after inclusion of delayed reports and review of cases.



Hand, Foot and Mouth Disease Cases

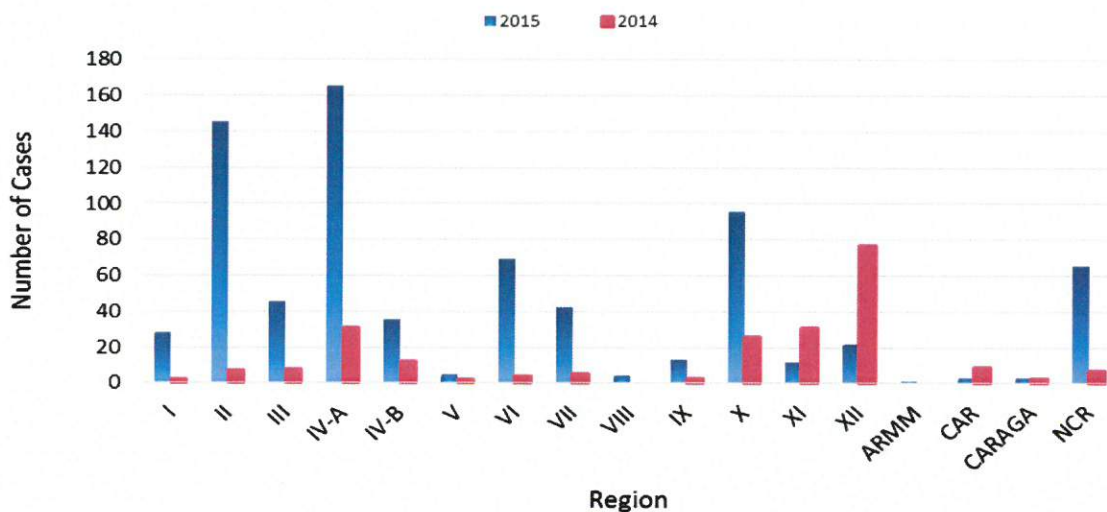
Morbidity Week 28: July 12 - 18, 2015

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Geographic Distribution

Most of the cases were from the following regions: **Region IV-A** (21.8%), **Region II** (19.2%), **Region X** (12.6%), **Region VI** (9.2%) and **NCR** (8.7%).

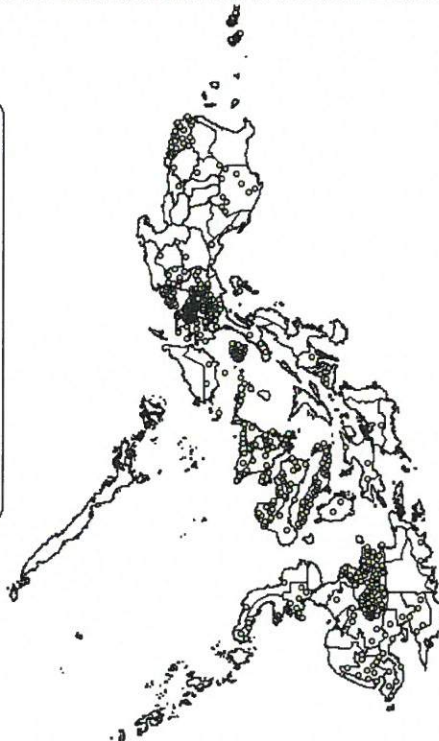
**Fig. 2 Suspect Hand, Foot and Mouth Cases by Region
Philippines, 2015 vs 2014***



Suspect Hand, Foot and Mouth Disease Cases as of MW28

Region	Cases
I	28
II	146
III	46
IVA	166
IVB	36
V	5
VI	70
VII	43
VIII	4
IX	13
X	96
XI	12
XII	22
ARMM	1
CAR	3
CARAGA	3
NCR	66
TOTAL	760

Legend
1 DOT = 1 Case



**NOTE: Case counts reported here do NOT represent the final number and are subject to change after inclusion of delayed reports and review of cases.*



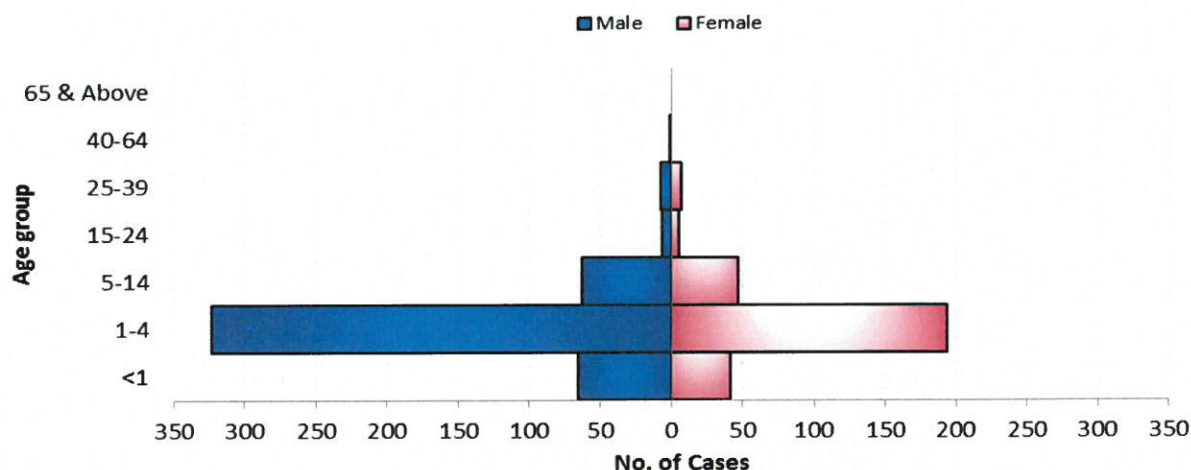
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Profile of Cases

Ages of cases ranged from less than 1 month to 47 years old (median = 2 years). Majority of cases were male (61.3%). Most of the cases belonged to the 1 to 4 years age group (68%) (Fig. 2). There were no deaths reported.

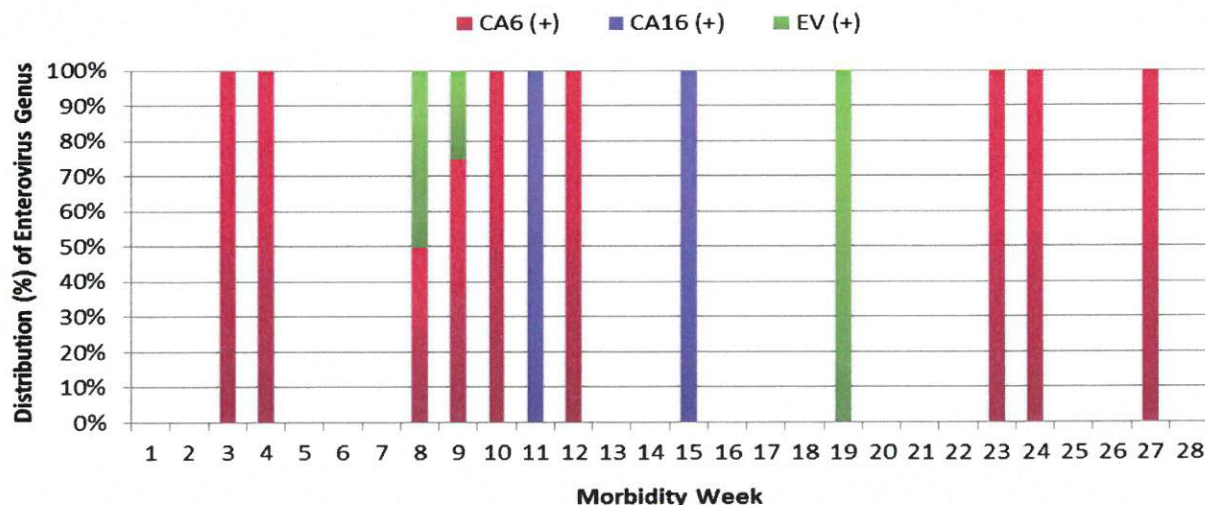
Fig. 3 Suspect Hand, Foot and Mouth Disease Cases by Agegroup and Sex
Philippines, as of July 18, 2015 (N=760)



HFMD Enterovirus Genus Distribution in the Philippines

Hand, foot, and mouth disease enterovirus genus data are based on the samples collected from the suspected HFMD cases in all regions of the Philippines. There were 22 laboratory confirmed HFMD cases in the Philippines. The predominant enterovirus genus during the first six months of 2015 is Coxsackievirus A6 (CA6) (75%), Coxsackievirus A16 (CA16) (12.5%) and other Enterovirus (12.5%), mostly Region II (41.7%).

Fig. 4 Weekly Distribution of Enterovirus Genus
Philippines, as of July 18, 2015 (n=22)





Hand, Foot and Mouth Disease Cases

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Fig. 5 Confirmed HFMD cases by Region and Enterovirus Genus
 Philippines, as of July 18, 2015 (n=22)

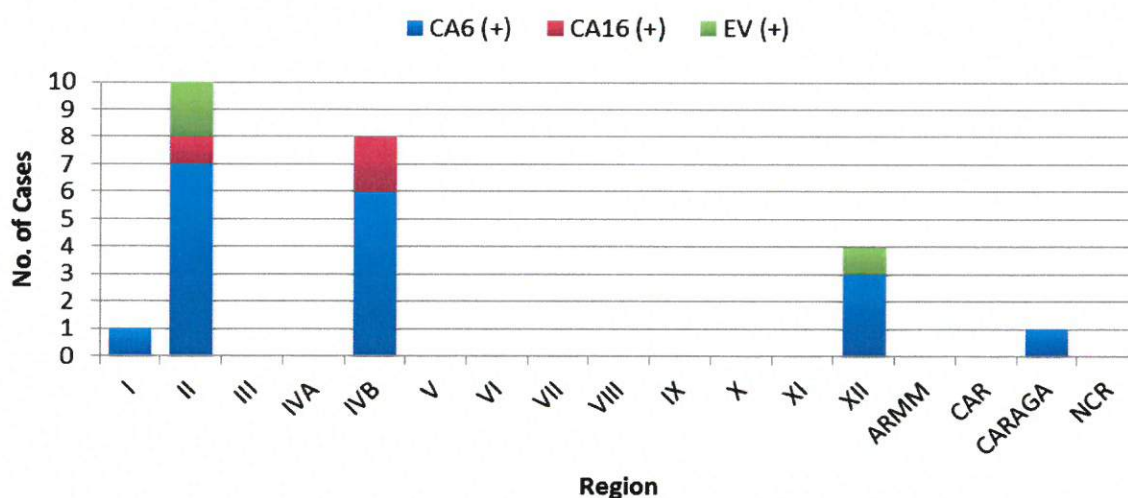


Table 1. Hand, Foot and Mouth Disease Cases & Deaths by Region
 Philippines, 2015* vs 2014

Region	Cases			Deaths			
	2015	2014	% Change	2015	CFR (%)	2014	CFR (%)
I	28	2	1300.00	0	0.00	0	0.00
II	146	7	1985.71	0	0.00	0	0.00
III	46	8	475.00	0	0.00	0	0.00
IV-A	166	31	435.48	0	0.00	0	0.00
IV-B	36	12	200.00	0	0.00	0	0.00
V	5	2	150.00	0	0.00	0	0.00
VI	70	4	1650.00	0	0.00	0	0.00
VII	43	5	760.00	0	0.00	0	0.00
VIII	4	0	0.00	0	0.00	0	0.00
IX	13	3	333.33	0	0.00	0	0.00
X	96	26	269.23	0	0.00	0	0.00
XI	12	31	-61.29	0	0.00	0	0.00
XII	22	77	-71.43	0	0.00	0	0.00
ARMM	1	0	0.00	0	0.00	0	0.00
CAR	3	9	-66.67	0	0.00	0	0.00
CARAGA	3	3	0.00	0	0.00	0	0.00
NCR	66	7	842.86	0	0.00	0	0.00
Total	760	227	234.8	0	0.00	0	0.00

*NOTE: Case counts reported here do NOT represent the final number and are subject to change after inclusion of delayed reports and review of cases.



Hand, Foot and Mouth Disease Cases

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Table 2. Weekly Hand, Foot and Mouth Disease Summary Report by Region
Philippines, as of July 18, 2015

Region	Morbidity Week				28th Morbidity Week		Cumulative Total	
	24	25	26	27	2015	2014	1st wk to 28th wk	
I	9	10	1	0	0	0	28	2
II	0	1	3	1	0	0	146	7
III	3	2	8	8	0	0	46	8
IV-A	10	12	17	18	5	0	166	31
IV-B	5	0	0	1	1	0	36	12
V	0	2	2	0	0	0	5	2
VI	0	5	12	12	1	1	70	4
VII	3	2	8	4	0	1	43	5
VIII	0	0	0	0	0	0	4	0
IX	0	0	0	0	0	0	13	3
X	2	0	2	0	0	0	96	26
XI	1	1	2	0	0	0	12	31
XII	2	1	0	0	0	0	22	77
ARMM	0	0	0	0	0	0	1	0
CAR	0	0	0	1	1	0	3	9
CARAGA	0	0	0	0	0	0	3	3
NCR	7	7	4	2	0	0	66	7
Total	42	43	59	47	8	2	760	227

Treatment

- Treatment is directly toward relief of symptoms (fever and sore throat).
- There is no specific treatment. Signs and symptoms usually clear in 7-10 days.
- A topical oral anesthesia may help relieve the pain of mouth sores.
- Over-the-counter pain medications other than aspirin, such as acetamenophin or ibuprofen, may help relieve general discomfort.

Prevention

- There is no specific way to prevent the infection. Good hygiene (e.g., proper handwashing) can decrease the risk of spreading the disease.
- Desinfect premises and all infected materials (implements, cards, clothes, etc.).



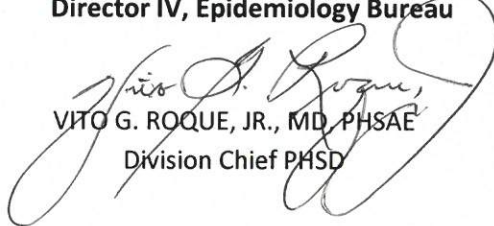
Hand, Foot and Mouth Disease Cases

Morbidity Week 28: July 12 - 18, 2015


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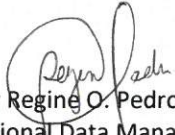

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