

17 Hand, foot and mouth disease (HFMD)

Transmission

- Direct contact with the mucus, saliva or faeces of an infected person

Symptoms

- Fever, headache, vomiting, fatigue, sore throat, non-itchy body rash, followed by sores with blisters on palms of hands and soles of feet, sores in the mouth, irritability, loss of appetite, diarrhoea

Prevention

- ➔ Clean water (good water sources, clean water container in household)
- ➔ Good sanitation facilities (good latrines or defecation facilities)
- ➔ Clean food

- ➔ Good shelter
- ➔ Health promotion
- ➔ Proper hygiene (handwashing with soap)
- ➔ Clean surrounding environment

Vulnerable people

- Usually affects infants and children/can happen in small epidemics in kindergartens or schools
- Adults with immune deficiencies

In case of epidemic

- ➔ There is no specific treatment
- ➔ Try to control symptoms i.e. managing fever
- ➔ Referral to health facilities
- ➔ Provision of clean or treated water

- ➔ Provision of good sanitation facilities
- ➔ Health promotion
- ➔ Community clean-up

Volunteer actions

See the following **action tools** for more information on what actions to take against HFMD:

31	29	32	30	33	25	8	9	11
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Community-based assessment questions

Make a map of the community and mark the information you gather on the map.

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| <ul style="list-style-type: none">• When did the epidemic start?• How many people live in the affected community?• How many children under 5 years of age live in the affected community?• Who and where are the vulnerable people?• How many people have died from HFMD and where?• What are the drinking water sources? Are they clean?• What are the means of sanitation in the community? | <ul style="list-style-type: none">• What is the waste disposal system in the community? Does it need improving?• How many people have fallen sick with HFMD and where?• How many children have fallen sick with HFMD and where?• Are there any health services and where?• Is there a health promotion programme in place? |
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