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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
4840	27.08.2018	27.08.2018	Bengaluru Karnataka	www.timesofindia.com/English https://timesofindia.indiatimes.com/city/bengaluru/bengaluru-sees-rise-in-hand-foot-and-mouth-disease-among-children/articleshow/65554816.cms
Title:	Bengaluru-Karnataka sees rise in hand-foot-and-mouth disease among children			
Action By CSU, IDSP -NCDC	Information communicated to DSU- Bengaluru, SSU-Karnataka			

The city is seeing an increase in cases of hand-foot-and-mouth disease among children. Sudden change in climatic conditions, infected kids going to school and lack of hygiene are spreading the infection, they say. The infection is common during monsoon till the onset of winter. Spread by the coxsackievirus virus, it affects kids aged 1-5 years and they need 7- 10 days to recover. The symptoms start appearing three to five days after the virus enters the body and incubates.

Dr Prashanth Gowda, HoD, paediatrics and neonatology, Motherhood Hospital, Sarjapur, says he saw a 20% increase in the number of patients this monsoon. It starts with fever, sore throat and rashes on palms, elbows, soles, buttocks, legs and in the form of blisters or ulcers in the mouth or on the tongue. "Every fifth child in the OPD has this infection.

This is happening because they are exposed to viruses in pre-schools or kindergarten. Child handlers and caretakers who handle them should be careful. While changing diapers or wiping their mouth, not enough care is taken, which is why the virus spreads from the kids' saliva or stools," said Dr Gowda.

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

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Dr Prashant Kumar S, consultant pedestrian at Cloudnine Hospital, says he sees two to three patients with this infection in OPD every day. "The infection is self-limiting and subsides within 10 days," he said.

Doctors suggest that such children should ideally not be sent to school till the rashes dry up as the disease is highly contagious. According to Dr Praveen Bopaiah, paediatrician from Kalyan Nagar, the viral infection is seen through the year. "In Bengaluru, we see such cases every day and somehow their seasonality seems to have gone.

Any change in climatic conditions aggravates the infection," he adds. Kalpana Ramesh, whose four-year-old son was recently struck by the infection, says he may have been infected at play school. "A week ago, he developed fever followed by blisters on his hands and feet," the Hebbal resident adds.

Tips for parents, caretakers *Do not send child to school or play group till blisters and sores dry up as disease is contagious *Consult paediatrician if child develops symptoms like fever, sore throat, headache, irritability, painful red blisters in the mouth, hands, sole of feet *Give liquid food to infected child if she/he refuses regular food because of blisters on tongue

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