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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
4453	23.12.2017	26.12.2017	Pune Maharashtra	www.timesofindia.com/English https://timesofindia.indiatimes.com/city/pune/hand-foot-and-mouth-disease-returns-to-torment-children/articleshow/62214526.cms
Title:	Hand, foot and mouth disease returns to torment children in district Pune, Maharashtra			
Action By CSU, IDSP -NCDC	Information communicated to DSU-Pune SSU-Maharashtra			

Two-year-old Archit was on a holiday with his parents in Lonavla a week ago when he suddenly became irritable and had difficulty in swallowing. Due to the condition, the family cut short their vacation and rushed back to Pune.

When examined, it was found that the child had many ulcers in the mouth. "The general body examination revealed unusually large skin blisters had popped up on his hand, palms, feet and buttocks. He was diagnosed with hand, foot and mouth disease (HFMD) eventually," paediatrician Jitendra Oswal said.

At a time when the city is bending over backwards to curb mosquito-borne infections like dengue, HFMD is spreading rapidly, especially among children below five years of age. Some of the doctors have also reported cases among children up to 10 years. The viral infection, a benign but irritating one, is characterised by painful rashes along with throat infection and fever. There has been a sudden rise in HFMD cases among children in Pune in the last 15 days.

I am seeing around 6-7 children with the disease daily," Oswal said, adding, "The disease is contagious and spreads easily through contact and saliva, especially in classrooms. It is usually a mild self-limiting illness."

Save Water- Save Life, Save a tree- Don't print unless it's really necessary!

Disclaimer:- This is a media alert subject to verification.

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

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CONTAGIOUS BUT SELF-LIMITING

ABOUT THE DISEASE

➤ It is a contagious viral infection with symptoms like fever coupled with blisters on palms, feet, buttocks, elbows, knee joints and in the mouth's cavity

➤ The blisters can be painful and irritable in some cases and children may find difficulty in swallowing

➤ Children below five years are the most vulnerable, though doctors have also reported cases among children up to 10 years

SPREAD & TREATMENT

➤ It spreads through skin-to-skin contact among kids

➤ The disease is self-limiting and heals in 7-10 days

➤ The treatment is mainly symptomatic, given just to relieve the pain and discomfort

➤ Frequent washing of hands, keeping the surroundings clean help ward off the infection

HAND, FOOT AND MOUTH DISEASE IS NOT THE SAME AS FOOT-AND-MOUTH DISEASE, WHICH COMES FROM A DIFFERENT VIRUS AND ONLY AFFECTS ANIMALS

NIV STUDY

➤ Coxsackievirus A16 (CV-A16) and enterovirus 71(EV-71) are the major causative agents of HFMD in India

➤ NIV scientists carried out the study with paediatricians from the city in 2013

➤ 40% of the 79 samples drawn by the scientists had tested positive for enterovirus

➤ The virus is usually mild. Hence, there is no need to panic



Illustration: Aamir Shaikh

There is some unusual presentation this year. The vesicles (blisters) are little larger in size and they are predominantly seen on buttocks. Usually, vesicles are mainly seen on hands, feet and in mouth

– Shishir Modak | PAEDIATRICIAN

The city has been reporting the HFMD cases almost every year. However, what is worrying doctors this time around is its unusual presentation. "The vesicles (blisters) this time around are little larger in size and they are predominantly seen on buttocks. Usually, vesicles are mainly seen on hands and feet and in mouth," senior paediatrician Shishir Modak, who has been seeing four to five cases of HFMD every day, said.

Paediatrician Sanjay Bafana, who practices in the Camp area, said, "In addition to larger vesicles, I have also come across children with HFMD complaining of high-grade fever. Besides, I am also witnessing the disease in slightly older age groups, above five years of age."

"The course of the disease is of five to seven days. Antibiotics are of no help. The treatment is only symptomatic," Modak added.

Parents often confuse HFMD with chicken pox. "Unlike HFMD, vesicles (blisters) are seen on back and abdomen in chicken pox, which is caused by a different virus," Modak said, adding that parents should keep on coaxing their kids to eat softened food and adequate water intake should also be monitored.

Sundari Jaishankar, principal, DSK School, said, "Last year, we had observed quite a few cases of HFMD. This year, however, I have not noticed many cases. We have announced holidays for Christmas so there won't be much mingling of students. We also advise parents to not send their wards to school if they see HFMD-like symptoms in their kids."

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