

# Hand, Foot, and Mouth Disease (HFMD)

August 30, 2022

**In news**— There has been a spike in cases of Hand, Foot, and Mouth Disease (HFMD) in Mumbai.

## **About the disease-**

- Hand, Foot, and Mouth Disease is **common in children under the age of 5, but anyone can get it.**
- It is most commonly **caused by a coxsackievirus**, which belongs to a group of viruses called nonpolio enteroviruses.
- The illness is usually not serious, but is very contagious. It spreads quickly at schools and daycare centers.
- It **spreads through person-to-person contact** when an infected person's nose secretions or throat discharge, saliva, fluid from blisters, stool or respiratory droplets are sprayed into the air after a cough or sneeze.
- It causes a blister-like rash that, as the name implies, involves the hands, feet and mouth.
- Patients usually develop fever, sore throat, painful blister-like lesions on the tongue, gums and inside of the cheeks.
- The children may develop ulcers inside their mouths.
- Also, rashes are noticed on the palms, soles and sometimes the buttocks.
- Children are mostly treated with anti-allergic medicines and ointments. The lesions usually disappear in five to six days.

## **Coxsackievirus-**

- **Coxsackieviruses are a few related enteroviruses that belong to the Picornaviridae family** of nonenveloped,

linear, positive-sense **single-stranded RNA viruses**, as well as its genus Enterovirus, which also includes poliovirus and echovirus.

- Coxsackieviruses share many characteristics with poliovirus.
- With control of poliovirus infections in much of the world, more attention has been focused on understanding the nonpolio enteroviruses such as coxsackievirus.
- Coxsackieviruses are among the leading causes of aseptic meningitis (the other usual suspects being echovirus and mumps virus).