

CHP investigates case of severe enterovirus 71 infection

The Centre for Health Protection (CHP) of the Department of Health (DH) is today (May 7) investigating a case of severe enterovirus (EV) 71 infection, and again urged the public and institutions to maintain strict hand, personal and environmental hygiene.

A female, aged 33 with good past health, has presented with fever, sore throat, rash and headache since May 2. She sought medical advice from a general practitioner on the same day. She attended the Accident and Emergency Department of Yan Chai Hospital on May 4 and was admitted for management. The patient is now in a stable condition.

Her throat swab tested positive for EV71 upon laboratory testing. The clinical diagnosis was encephalitis.

Initial enquiries revealed that the patient had no travel history during the incubation period. Her son had hand, foot and mouth disease (HFMD) recently, who has sought medical advice and is in a stable condition. Her other home contacts have remained asymptomatic.

The CHP's investigations are ongoing.

"EV71 is one of the causative agents for HFMD. The infection is transmitted from person to person by direct contact with nose and throat discharges, saliva, fluid from blisters, or the stool of infected persons. Good personal and environmental hygiene are the most important measures to prevent EV71 infection," a spokesman for the CHP said.

"HFMD is common in children while adult cases may also appear. It is usually caused by enteroviruses such as Coxsackie virus and EV71. It is clinically characterised by maculopapular rashes or vesicular lesions occurring on the palms, soles and other parts of the body such as the buttocks and thighs. Vesicular lesions and ulcers may also be found in the oral cavity. Sometimes patients present mainly with painful ulcers at the back of the mouth, namely herpangina, without rash on the hands or feet," the spokesman said.

"The usual peak season for HFMD and EV71 infection is from May to July. A smaller peak may also occur from October to December. As young children are more susceptible, parents should stay alert to their health. Institutional outbreaks may occur where HFMD can easily spread among young children with close contact," the spokesman added.

To prevent HFMD, members of the public, especially the management of institutions, should take heed of the following preventive measures:

* Maintain good air circulation;

- * Wash hands before meals and after going to the toilet or handling diapers or other stool-soiled materials;
- * Keep hands clean and wash hands properly, especially when they are dirtied by respiratory secretions, such as after sneezing;
- * Cover the nose and mouth while sneezing or coughing and dispose of nasal and oral discharges properly;
- * Regularly clean and disinfect frequently touched surfaces such as furniture, toys and commonly shared items with 1:99 diluted household bleach (mixing one part of bleach containing 5.25 per cent sodium hypochlorite with 99 parts of water), leave for 15 to 30 minutes, and then rinse with water and keep dry. For metallic surfaces, disinfect with 70 per cent alcohol;
- * Use absorbent disposable towels to wipe away obvious contaminants such as respiratory secretions, vomitus or excreta, and then disinfect the surface and neighbouring areas with 1:49 diluted household bleach (mixing one part of bleach containing 5.25 per cent sodium hypochlorite with 49 parts of water), leave for 15 to 30 minutes and then rinse with water and keep dry. For metallic surfaces, disinfect with 70 per cent alcohol;
- * Children with EV71 infection are advised to refrain from going to schools or group activities such as parties, interest classes and swimming until two weeks after fever has subsided and all the vesicular lesions have dried and crusted to prevent the spread of disease;
- * Avoid going to overcrowded places; and
- * Parents should maintain close communication with schools to let them know the latest situation of the sick children.

The public may visit the CHP's page on [HFMD and EV71 infection](#) for more information.