



# HAND, FOOT, & MOUTH DISEASE



*Hand, foot, and mouth disease (HFMD) is caused by viruses that belong to the Enterovirus family. It is common in children under 5 years old, but anyone can get it. The illness is usually not serious, but it is very contagious.*

## Symptoms:

- **Fever and flu like symptoms:** Children often get a fever and other flu-like symptoms 3 to 6 days after they catch the virus. Symptoms may include eating or drinking less, sore throat and feeling unwell.
- **Mouth Sores:** 1 to 2 days after the fever starts, painful blisters may develop in the mouth. These sores usually start as red spots, often on the tongue and inside of the mouth.
- **Skin Rash:** Your child can get a skin rash on the palms of the hands and soles of the feet. It can also show up on the buttocks, legs, and arms. The rash is usually not itchy and looks like flat or slightly raised red spots, sometimes with blisters. Fluid in the blister can contain the virus that causes HFMD. Keep blisters clean and avoid touching them.

## How it spreads:

The virus can spread through an infected person's nose and throat secretions, fluid from blisters or scabs, or feces.

## How it is prevented:

- Handwashing
- Cleaning and disinfecting frequently touched surfaces and shared items
- Avoid touching your eyes, nose, and mouth
- Avoid close contact with sick people

## How HFMD is treated:

There is no specific treatment for HFMD. A health care provider may suggest medications to relieve symptoms. Most people recover within 7-10 days.

***Children with HFMD should stay home from daycare/school until they are without symptoms and their sores have healed (scabbed and no longer leaking fluid)***