

HAND, FOOT, AND MOUTH DISEASE FACT SHEET

What is Hand, Foot, and Mouth Disease?

Hand, Foot, and Mouth disease is a common viral infection seen in children and infants that causes a blister-like rash, and sores in the mouth.

What are the symptoms of Hand, Foot, and Mouth Disease?

Your child may have a runny nose, low-grade fever, and sometimes a sore throat. A blister-like rash (small red spots) occurs in the mouth 1-2 days after fever and turn to white colored little blisters. The spots may be on the sides of the tongue, inside the cheeks, and on the gums. These sores may last 7-10 days. A skin rash may also occur on the palms and fingers of the hands and on the bottom of the feet. This rash does not itch. If your child is infected, it can take 3-6 days for symptoms to start.

Who can get Hand, Foot, and Mouth Disease?

This illness occurs most commonly in children 0-10 years of age and most often in the summer and fall months. Outbreaks may occur in child care settings and preschools.

What is the treatment for Hand, Foot, and Mouth Disease?

There is no specific treatment or vaccine. Children should stay home until the fever is gone and return to routine activities when healthy enough.

How is Hand, Foot, and Mouth Disease spread?

The virus remains in the stool of an infected person for several weeks; others may come into contact with the virus when hands, food or objects such as toys soiled with stool are placed in the mouth. It also is spread by contact with droplets released from the nose and mouth by sneezing and coughing, saliva, and by direct contact with the fluid from blisters of an infected person.

How is Hand, Foot, and Mouth Disease prevented?

- Cover nose and mouth when sneezing or coughing, use a tissue or your sleeve, dispose of used tissues.
- Wash hand after touching anything that could be contaminated with stool or secretions from the nose or mouth and before preparing food or eating. Your child may need help with hand washing.
- Clean and disinfect any objects that come in contact with stool or secretions from the nose or mouth. This includes toilets (potty chairs), sinks, mouthed toys, and diaper changing areas. Use a product that kills germs.

For more information please contact Contra Costa Public Health at 925-313-6740 and visit our website at <http://cchealth.org/hand-foot-mouth/>