

HAND, FOOT, & MOUTH DISEASE FACT SHEET

What is hand, foot, and mouth disease?

Hand, foot, and mouth disease is a highly contagious viral infection that is very common among children younger than 5, but can still infect adults. It usually occurs in summer and early fall.

What are the symptoms?

Symptoms start with:

- Fever (first 1 to 2 days)
- Loss of appetite

And then can be followed by:

- Painful mouth sores
- Painful red rash on palms of hands and soles of feet

Adults may remain infectious even if they do not have symptoms.

How can it be prevented?

- There is no vaccine for hand, foot, and mouth disease.
- Wash hands often and thoroughly with warm water and soap.
- Clean and disinfect surfaces and objects that could be infected such as toys or door knobs.
- Avoid close contact such as kissing, hugging, or sharing utensils or cups with the infected individual.

More Information: <http://www.cdc.gov/hand-foot-mouth>

How can it be spread?

- Close contact with sick individuals
- Through the air after coughing or sneezing
- Contact with contaminated objects or surfaces
- Close contact with feces

The disease can spread for up to a week after symptoms go away.

How is it treated?

- There is no specific treatment, but over the counter medications can help relieve symptoms. **(ASPIRIN SHOULD NOT BE GIVEN TO CHILDREN)**
- Drink plenty of fluids
- **Do not return to work, school, or daycare until cleared by a health care provider**

