

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 may start with:

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

And then may be followed by:

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

Adults may remain contagious 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, for at least 20 seconds, with warm water and soap.
- Clean and disinfect surfaces and objects that could be infected, such as toys or door knobs.
- Avoid close contact with the infected individual. Do not kiss, hug, or share utensils or cups with the infected individual.

How is it spread?

- By having contact with droplets containing virus particles after a sick person coughs or sneezes.
- By having close contact, such as kissing, hugging, or sharing cups or eating utensils
- By touching objects or surfaces that have the virus on them, and then touching your eyes, nose, or mouth
- By touching items or surfaces contaminated with feces (poop), and then touching your mouth, eyes, or nose

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 unless specifically directed by their healthcare provider.)**
- Drink plenty of fluids.
- **Do not return to work, school, or daycare until cleared by a health care provider.**

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

This FACT SHEET is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a healthcare provider. For more information call your healthcare provider.

1/2023

