

## Fast Facts

### Hand-Foot-Mouth Disease

- A highly contagious viral infection that is usually caused by the coxsackievirus
- Spread by coming into contact with nasal secretions, throat discharge, saliva, fluid from blisters, stool or respiratory droplets spread in the air after coughing or sneezing
  - Very common in young children and is prevalent in child care settings
- Most contagious during the first week, but can remain in the body for several weeks after the symptoms are gone, which means that it can still be passed to others
  - Some individuals, especially adults, can pass the virus without having any symptoms
- Children under the age of 10, especially under the age 5, are at increased risk of contracting it
- As children age, they develop immunity because they acquire antibodies after being exposed
  - Incubation period usually lasts three to six days

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p>-Fever -Sore throat -Poor appetite -Not appearing well</p> <p>One to two days later: -Painful, red, blister-like sores on the front of the mouth (tongue, gums and inside of cheeks) or in throat</p> <p>One to two days later: -A non-itchy rash shows up on the hands and feet and sometimes buttocks. The rash can also blister</p> <p><i>Note:</i> If you notice sores in the back of your child's mouth and throat, they might have herpangina (a related illness)</p> <p>-Other symptom a is a sudden high fever (might result in a seizure)</p> <p>-The sores on the hands, feet and other body parts aren't common with herpangina</p>	<p>-No specific treatment for hand-foot-mouth disease</p> <p>-Usually clears up on its own in 7 to 10 days</p> <p>Most common complication: -Dehydration</p> <p>-Use a topical oral anesthetic</p> <p>-Use over-the-counter pain relievers (ibuprofen and acetaminophen)</p> <p>-Give your child ice pops/chips, ice cream/sherbet or cold beverages</p> <p>-Give soft foods to eat</p> <p>-Rinse their mouths with warm water after they eat</p> <p>-Avoid salty, spicy or acidic foods and beverages</p> <p>-Make sure that your child gets plenty of rest</p> <p>-Encourage them to take in as much fluid intake as possible</p> <p><i>Note:</i> If your child isn't tolerating fluids, contact their doctor or take them to the emergency room</p>	<p>-Practice proper hand washing techniques by washing them frequently and thoroughly (especially after using the toilet/ changing a diaper and before preparing/eating food)</p> <p>-If you don't have access to soap and water, use hand wipes/gels that contain alcohol</p> <p>-Disinfect surfaces with soap and water and then a diluted solution of bleach and water</p> <p>-Wash your child's pacifier frequently</p> <p>-Start teaching children at a young age about good hand hygiene</p> <p>-Explain to them in an age appropriate way why they shouldn't be putting their fingers, hands and any other object in their mouth</p> <p><i>Note:</i> If your child has hand-foot-mouth disease, keep them home from day care or school until the fever is gone and the sores have healed</p>

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