

Fast Facts

Hand-Foot-Mouth Disease

- A highly contagious viral infection 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 childcare 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 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>
<ul style="list-style-type: none"> -Fever -Sore throat -Poor appetite -Not appearing well <p>One to two days later:</p> <ul style="list-style-type: none"> -Painful, red, blister-like sores on the front of the mouth (tongue, gums, and inside of their cheeks) or in their throat <p>One to two days later:</p> <ul style="list-style-type: none"> -A non-itchy rash shows up on the hands and feet. Sometimes, the rash is also on their buttocks. The rash can also blister <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> <ul style="list-style-type: none"> -Other symptom of herpangina is a sudden high fever (which might result in a seizure) 	<ul style="list-style-type: none"> -No specific treatment for hand-foot-mouth disease -Usually clears up on its own in 7 to 10 days <p>Most common complication:</p> <ul style="list-style-type: none"> -Dehydration <ul style="list-style-type: none"> -Use a topical oral anesthetic -Use over-the-counter pain relievers (ibuprofen and acetaminophen) -Give your child ice pops/chips, ice cream/sherbet, or cold beverages -Give soft foods to eat -Rinse their mouths with warm water after they eat -Avoid salty, spicy, or acidic foods and beverages -Make sure that your child gets plenty of rest -Encourage them to take in as much fluid intake as possible <p><i>Note:</i> If your child isn't tolerating fluids, contact their doctor or take them to the emergency room</p>	<ul style="list-style-type: none"> -Practice proper hand washing techniques by washing them frequently and thoroughly (especially after using the toilet/ changing a diaper and before preparing/eating food) -If you don't have access to soap and water, use hand wipes/gels that contain germ-killing alcohol -Disinfect surfaces with soap and water and then a diluted solution of bleach and water -Wash your child's pacifier frequently -Start teaching children at a young age about good hand hygiene -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><i>Note:</i> If your child has hand-foot-mouth disease, keep them home from daycare or school until their fever is gone and their sores have healed to prevent it from being spread to other children</p>

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