

Hand-Foot and Mouth Disease



Hand-Foot-and-Mouth Disease is a usually mild but highly contagious viral infection common in young children under 10. It is often spread in daycares. Although your child is most contagious during the first week of the illness, the virus can remain in the body for weeks after the signs and symptoms are gone. That means your child still can infect others, so do not have your sick child attend school or daycare until cleared by the doctor.

Signs and Symptoms

- Fever
- Sore throat
- Feeling unwell
- Painful sores on the tongue, gums and inside of the cheeks
- Red rash on hands, feet or butt (may be itchy, may have blisters)
- Irritability in infants and toddlers
- Loss of appetite

Prevention

- Wash hands frequently
- Disinfect common areas, toys and pacifiers
- Practice good hygiene (Tell children not to put their fingers, hands or any other objects in their mouths)
- Stay home if you or your child is sick

When to see a doctor

Symptoms usually clear up within 7-10 days. Contact your doctor, however, if mouth sores or a sore throat keep your child from drinking fluids. Contact your doctor also if after a few days, your child's signs and symptoms worsen.