



LAKELAND JOINT SCHOOL DISTRICT #272

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Communicable Disease Fact Sheet

HAND FOOT AND MOUTH DISEASE (Coxsackie Virus Infection)

What is hand, foot and mouth disease?

- ◆ A viral infection caused by the coxsackie virus.

Symptoms:

- ◆ Usually begins with a sore throat and fever.
- ◆ Small sores or blisters appear on the inside of the mouth, throat, tongue, hands and feet.
- ◆ Symptoms may last 7-10 days.

How is it spread?

- ◆ The disease is spread by direct contact with secretions from the nose, mouth and throat.
- ◆ Spread may also occur from contact with the bowel movements of an infected person.
- ◆ Symptoms usually occur within 3-5 days after contact with an ill person.
- ◆ The person is contagious during the time fever and a sore throat is present. The virus may be present in the bowel movements for several weeks.

Treatment:

- ◆ No treatment is necessary.

Prevention:

- ◆ Wash hand after changing diapers or helping children in the bathroom
- ◆ Help children wash their hands.
- ◆ Wash or discard items which have come in contact with secretions from the nose or mouth.

Exclusion from school:

- ◆ Children should be excluded from school until mouth sores are no longer present.

More information:

- ◆ Contact your school nurse at your child's school or the district office, 687-0431.
- ◆ Contact your health care provider.
- ◆ Contact Panhandle Health District at 667-3481.