



## Hand Foot & Mouth

### **CAUSE and DEFINITION:**

Hand, foot, and mouth disease is caused by viruses that belong to the Enterovirus family.

Common causes of hand, foot, and mouth disease are:

- Coxsackievirus A16 is typically the most common cause of hand, foot, and mouth disease in the United States. Other coxsackieviruses can also cause the illness.
- Coxsackievirus A6 can also cause HFMD and the symptoms may be more severe

### **CHARACTERISTICS:**

- Fever and flu like symptoms:
  - Fever, eating or drinking less, and sore throat.
- Mouth sores:
  - These sores usually start as small red spots, often on the tongue and insides of the mouth, blister and can become painful.
  - Increase drooling and not eating and drinking as much or only wanting cool liquids.
- Skin rash:
  - Usually no itchy. It usually shows up on the palms of the hand and soles of the feet but can also present on the buttocks, legs and arms.
  - The rash also begins as small flat spots and turn into blisters.

### **INCUBATION / CONTAGION:**

- People with hand, foot, and mouth disease are usually most contagious during the first week that they are sick.
- Hand, foot, and mouth disease is common in infants and children younger than 5 years old. Most children have mild symptoms for 7 to 10 days.

### **MODE OF TRANSMISSION & CONTROL:**

- Contact with respiratory droplets containing virus particles after a sick person coughs or sneezes
- Touching an infected person or making other close contact, like kissing, hugging, or sharing cups or eating utensils
- Touching an infected person's feces, such as changing diapers, then touching your eyes, nose, or mouth
- Touching objects and surfaces that have the virus on them, like doorknobs or toys, then touching your eyes, nose, or mouth

### **HOME MANAGEMENT:**

- Contact your child's physician for diagnosis, treatment and to determine if they need to be seen especially if your child is less than 6 months old or has a weakened immune system.
- Dehydration can be dangerous, if your child is not able to drink normally and you are worried that they may be dehydrated, contact your child's physician.
- Good hand washing hygiene sanitize frequently used surfaces

### **RETURN TO SCHOOL:**

- All blisters have scabbed over and no uncontrolled drooling with mouth sores.
- No fever for 24 hours without the use of medication and feels well enough to participate in school activities.