

HAND, FOOT and MOUTH DISEASE- is a viral infection that causes a blister-like rash.

- **Symptoms:** Your child may have a runny nose, low-grade fever and in some cases a sore throat. A blister-like rash occurs in the mouth. It may be on the sides of the tongue, inside the cheeks and on the gums. These sores last 7 to 10 days. The rash may occur on the palms and fingers of the hands and on the bottom of the feet. If your child is infected, it may take 3 to 6 days for symptoms to start.
- **Spread:** Hand, Foot Mouth Disease is spread by coughing, sneezing and also by touching contaminated hands, surfaces and objects.
- **Contagious Period:** The child is contagious during the first week of illness. The virus may be in the feces for several weeks.
- **Call Your Healthcare Provider:** Contact your provider if anyone in your home has symptoms.
- **Prevention:** You should cover your nose or mouth when sneezing or coughing by using your sleeve or a tissue and properly dispose of the used tissue. Wash hands after touching anything that could be contaminated with feces or secretions from the nose or mouth and before preparing food or eating. Your child may need help with handwashing.

Source- Prevention and Control of Communicable Diseases: A Guide for School Administrators, Nurses, Teachers, Child Care Providers, and Parents or Guardians; Missouri Department of Health and Senior Services-Bureau of Communicable Disease Control and Prevention)