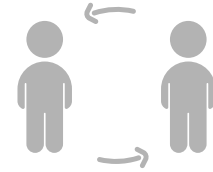


Hand Foot & Mouth Disease Fact Sheet

What is it?

Hand Foot & Mouth Disease (HFMD) is a disease caused by viruses from the enterovirus family. It can cause a rash or blisters on different parts of your body and in your mouth. It is most common in young children, but anyone can catch it. HFMD spreads easily and quickly. Outbreaks are common in schools and day cares.

How does it spread? (Transmission)



HFMD spreads from person to person. It spreads through fluids from people's bodies, including:

- Spit and drool
- Nasal mucus (snot)
- Fluid from the HFMD blisters
- Feces (poop)

Of course most people don't touch these things on purpose! But you can catch germs when you:

- Are near someone when they cough or sneeze
- Touch someone with HFMD when you kiss, hug, or share things
- Touch things that have poop on them (like when you change diapers)
- Touch things that have the virus on them such as doorknobs, toys, phones, or countertops

If you touch your face after any of these situations, you can spread the virus to your own body.

How do I know if I have it? (Symptoms)



You may have HFMD if you have:

- Possible fever
- Flu symptoms
- Skin rash and blisters
- Mouth sores, which can also cause:
 - Trouble eating and drinking
 - Drooling more than usual
 - Only wanting drinks that are cold

How can I protect myself? (Prevention)



There is **not a vaccine for HFMD** right now, so it is important to **wash your hands!** It is especially important to wash your hands after you:

- Change a diaper

- Go to the bathroom
- Blow your nose, cough or sneeze
- Before and after you take care of someone who is sick
- Before you touch your eyes, nose and mouth

Clean, sanitize, and disinfect as needed.

- Cleaning removes things like dirt from surfaces. You clean with soap and detergents.
- Sanitizing kills bacteria-it doesn't always kill viruses. You use weak bleach solutions to sanitize or products that specifically say they sanitize.
- Disinfecting kill viruses and bacteria, using chemicals. Disinfectants are strong chemicals, and you should closely follow all safety instructions when using them, such as wearing gloves.

Be careful about touching your face, eyes, nose, or mouth, and always wash your hands. This habit can protect you from many germs entering your body. Also be careful about being close to people who are sick. If you are caring for someone who is sick, avoid hugging and kissing them.

How should I take care of myself or someone who has HFMD? (Treatment)



HFMD usually goes away in 7-10 days. There is **no medicine specifically for this disease**, but there are some things you can do to feel better:

- Use over-the-counter medicine to treat the fever and pain. If the fever lasts more than 3 days, then it's time to see a doctor.
- Drink lots of fluids! Your body needs water to work when you're well, and especially when you're sick. If you or someone you're caring for can't drink water because of the mouth sores, it's time to see a doctor.

How do I know if I need to see a doctor? (Complications)



HFMD isn't a serious illness for most people, but it can be very serious for some people. You should see a doctor when:

- You can't drink enough water to stay hydrated
- Symptoms don't go away after 10 days
- The person who has HFMD has a weak immune system
- The symptoms are severe, or "really bad"
- A very young child has HFMD, especially if they are younger than 6 months old