

Hand Foot & Mouth Disease (HFMD)



What is HFMD?

HFMD is a common disease found mainly in young children under 5 years old, but anyone can get it.

What you need to know

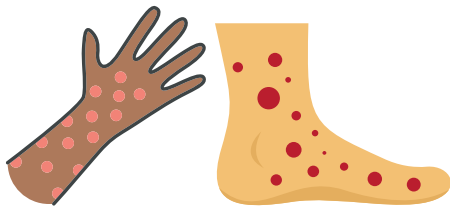
HFMD is spread through close contact by people who have it. The illness is **not usually serious, but it is very contagious**. It spreads quickly at schools and daycare centers.

Symptoms

HFMD can cause a lot of *pain!* It's best to just avoid it altogether!



You can get painful sores in your mouth.



You can get a skin rash on your body which sometimes has blisters.

Prevention



Wash your hands, especially before you touch your face.



Don't hug, kiss, share food/drinks, or touch people who have it.



Clean and disinfect anything someone with HFMD has touched.

If you do get HFMD, you can treat your symptoms to help with the pain and itching. You should get better in 7 to 10 days. **Make sure to rest, drink lots of water, and avoid spreading it to others!**



When should you see a doctor?

See a doctor if the person with HFMD:

- Isn't getting better
- Isn't drinking enough water
- Has a weak immune system
- Is under 6 months old