

Hand Foot and Mouth Disease

(HFMD) is a virus common in children. It spreads easily in schools. It can be really painful. Sores from HFMD can even make it hard to eat and drink.



Good News! You can prevent HFMD in simple steps:

- Wash your hands
- Clean and disinfect (kill germs)
- Avoid touching your face
- Stay away from people while they are sick

