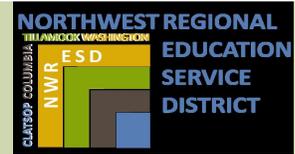


# HAND, FOOT & MOUTH DISEASE



Fact Sheet

Hand, Foot and Mouth Disease (HFMD) is an illness caused by viruses that belong to the Enterovirus group. Coxsackievirus A16 is the most common source, but other coxsackie viruses and Enterovirus 71 have also been associated with the illness. Infants and children under 10 years are at greatest risk for getting HFMD, but adult cases are not unusual. Health complications are rare.

## SYMPTOMS:

- Sudden onset of fever
- Sore throat
- Fiery red tonsils
- Painful sores in the mouth
- Poor appetite
- Sores/rash on palms, fingers and soles of feet – can also appear on knees, elbows and buttocks

HFMD sores usually last 3-5 days, but contagiousness lasts for several weeks. It is spread by contact with body fluids such as nose and throat discharges (coughing and sneezing), blister fluid, and through fecal contamination (lack of proper handwashing after using the bathroom or diapering).

*See your health care provider for symptoms that are severe or do not improve.*

If you would like to learn more about this, and other communicable diseases, go to <http://www.cdc.gov>.

This fact sheet was created by the Health Services Department of Beaverton School District and has been approved by the Washington County Health Department, Disease Control and Prevention Program.

## HOW TO PREVENT

### GETTING AND SPREADING HFMD:

#### **Practice good hygiene:**

- Wash your hands after using the bathroom and before preparing food.
- Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing.
- Don't share eating and drinking utensils.
- Avoid kissing those who are ill.
- Clean and disinfect frequently touched surfaces.

There is no vaccine to prevent this illness, and there is no specific treatment other than treating symptoms. The ill person should rest and drink lots of fluids (avoid citrus juices). A non-aspirin product may be taken for pain or fever.



Hand, Foot, and Mouth Disease

HFMD is often confused with Hoof & Mouth disease (a disease of cattle, sheep and swine). However, the two are caused by different viruses and are not related. Humans do not get the animal disease and animals do not get the human disease.