

HAND, FOOT AND MOUTH VIRUS

What is HFMD?

It is a viral illness that can occur at any age, but most often in infants and children under age 5. Outbreaks are more common in summer and fall.



What are the signs and symptoms of HFMD?

- Fever, poor appetite, malaise (tiredness), sore throat
- One or two days after the fever, painful sores may develop in the mouth. They begin as small red spots and blister much like canker sores
- Skin rash develops over 1 to 2 days, with flat or raised red spots and sometimes blisters. The rash does not itch and is usually on the palms of hands and soles of feet, however it can appear on the buttocks or genitalia.
- A person with HFMD may have only the rash or only the mouth sores
- There is no treatment for the infection. Antibiotics will not help it go away faster. It can last for 7 to 10 days.

What can parents do?

- Keep your child comfortable, offer plenty of food and drink. Cold drinks help if sores are in the mouth
- Acetaminophen or ibuprofen can help reduce discomfort (NO Aspirin for children!)
- Promote hand washing using soap and water- hand washing is key to prevention of spreading viruses, Hand sanitizer is good in a pinch, but soap and water is best!
- Wash all toys and surfaces regularly