



Hand, Foot and Mouth Disease (HFMD)

What is HFMD?

- Common childhood virus
- Seen in summer and early fall

What are common symptoms?

- Takes 3-6 days for signs and symptoms to show
- Starts with a fever (100 or more) and sore throat
 - Followed by rash
 - Tiny blisters in mouth, fingers, palms, and soles of feet and buttocks
 - One or all areas may have blisters
 - Symptoms can last for one week
 - Skin peeling of fingers and toes may happen

How is HFMD spread?

- Coughing
- Sneezing
- Fluid from blisters
- Contact with stool of the affected person

How can you control it?

- Frequent handwashing
- Cover your cough
- Stay home if you have a fever of 100+ or open/oozing blisters
- Prevent sharing food, drink and other personal items

How can you treat HFMD?

- There is no medication to get rid of HFMD from your body
 - Common over the counter medication can help with symptoms
 - Ibuprofen or Tylenol for fevers

Children with Hand, Foot and Mouth Disease generally do not need to be excluded from school or child care unless the child has a fever and/or is uncomfortable or blisters are open and oozing.

More information found on CDC website: <http://www.cdc.gov/hand-foot-mouth/index.html>

It is important that you notify the school nurse if your child is diagnosed with Hand, Foot and Mouth Disease. Please contact your school nurse if you have any questions/concerns about your individual child.