



# Hand, Foot, and Mouth Disease (HFMD)

✧ Information for Parents ✧

**What it is:** a viral illness that causes fever, mouth sores, and a blister-like skin rash on the hands and feet

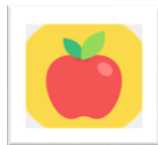
Most often seen in children under the age of 5

Occurs most frequently in the summer and fall

Usually not serious but highly contagious

## How to care for your child with HFMD at home

- ❑ Most children with HFMD disease can be treated at home and recover generally within 10 days.
- ❑ Painful mouth sores may result in pain with swallowing. You may give over-the-counter pain medications, such as acetaminophen or ibuprofen, but do not give aspirin to children.
- ❑ Dehydration is one of the most common problems resulting from the mouth pain. Make sure your child drinks enough fluids to prevent dehydration.
- ❑ See a healthcare provider if the child is not drinking enough to stay hydrated, or if symptoms are unusually prolonged (> 10 days) or severe.



## School or Childcare

CDC recommends that children can continue to go to childcare and school if:

- ✓ They have no fever
- ✓ They have no uncontrolled drooling with mouth sores
- ✓ They feel well enough

✧ Local Health Department (LHD) may require children with HFMD to stay home to control an outbreak

## Prevent the Spread

- ➔ Wash hands (after bathroom, diaper change, blowing nose, coughing, sneezing, and before and after caring for someone who is sick).
- ✧ Teach children how to wash hands and observe/help them wash hands often.
- ➔ Clean and disinfect frequently touched surfaces (shared items, including toys).
- ➔ Avoid touching your eyes, face and mouth with unwashed hands, and avoid contact with sick people.