

# KIDS HEALTH

# zone



Happy St. Patrick's Day



## GETTING READY FOR SUMMER...

### Hand, Foot, and Mouth Disease

According to the CDC, HFMD is a highly contagious disease that most commonly occurs in the summer and fall, but you can get it in any season. HFMD is an infection caused by viruses belonging to the [Enterovirus](#) family. Primarily occurring in children, HFMD usually causes a flu-like illness accompanied by rash. Most people recover without problems, but a small number may develop more severe illness.

#### QUICK LINKS

- [Germ Prevention Strategies](#)
- [Treat Hand, Foot, and Mouth Disease](#)
- [Prevent Hand, Foot, and Mouth Disease](#)
- [When and How to Wash your Hands](#)
- [Handwashing: A Family Activity](#)
- [Show me the Science - How to Wash your Hands](#)

### Symptoms & Diagnosis

1. **Flu-like symptoms** - begin 3-5 days after exposure to the virus. Include:

- Fever
- Sore throat
- Feeling unwell
- Eating or drinking less



2. **Mouth sores** – painful mouth sores that usually start as small red spots, often on the insides of the mouth and on the tongue. May involve:

- Increased drooling
- Difficulty eating or drinking
- Wanting to drink cold fluids



Source: AAP

3. **Skin rash** – A rash usually appears on the palms and soles, and skin around mouth. It can also appear on the legs, arms, and buttocks. They generally does not itch and can be flat, raised, or often appearing as blisters or pustules. Occasionally, kids can have a fingernail or toenail fall out a couple weeks later.

KEEP BLISTERS CLEAN AND AVOID TOUCHING THEM.



Cleveland Clinic

#### MYTH BUSTER!!!

**MYTH:** Animals get Hand, Foot, and Mouth Disease

**TRUTH:** Animals do not get hand, foot, and mouth disease. However, livestock can get FOOT and MOUTH disease, often called hoof and mouth disease.

Visit the [USDA](#) to learn more about foot and mouth disease.





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## Causes & Transmission

HFMD is caused by viruses. A person infected with HFMD can transmit the virus to other people.

Transmission mainly occurs through:

- Most commonly through feces
- Nose and throat secretion (saliva, nasal mucus, and drool)
- Fluids from the scabs or blisters

## How it spreads:

- Exposure to fecal material (poor hand washing and hygiene)
- Contact with respiratory droplets containing virus particles
- Contact with an infected person or objects and surfaces touched by an infected person

## Treatment

**Most people with HFMD get better on their own within 7-10 days.**

- There is no specific treatment for HFMD
- Take over-the-counter medication to relieve fever and pain ([acetaminophen](#) or [ibuprofen](#)).
- **DO NOT GIVE ASPIRIN TO CHILDREN WITH FEVER** – it can cause Reye syndrome in kids with certain infections.
- Keep your child hydrated and well-fed.
- Contact your healthcare provider if the symptoms do not improve after 7-10 days, your child has a weakened immune system, or your child is 6 months or younger.

## Prevention

### WASH YOUR HANDS

- After using toilet
- After changing diapers
- After blowing nose, coughing, or sneezing
- Before and after caring for a sick person

Clean and disinfect high-touch surfaces

Avoid touching eyes, nose, and mouth

Avoid close contact with sick people



### When is it okay for your kid to go back to school or daycare?

When your child no longer has:

- Fever
- Increased drooling or mouth sores

And when the child feels well enough to participate in school activities

### When is it okay for a school nurse to send back a kid recovering from HFMD home?

- If the kid has fever or visible rash
- If the kid is not able to participate in school activities