



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 SCHOOLS 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.



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