



(HFMD) HAND, FOOT, & MOUTH DISEASE

Information for Parents





WHAT IT IS:

A viral illness that causes fever, mouth sores, & a blister-like skin rash on the hands and feet.

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.

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.



FAST FACTS




Most often seen in children under the age of 5.

Occurs most frequently in the summer and fall.

Usually not serious but highly contagious.

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