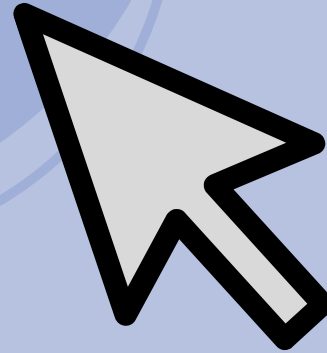


# What is it? Resources

Common children's virus causing sores in the mouth and a rash on the hands and feet



## Signs & Symptoms

- Fever
- Sore throat
- Loss of appetite
- Dehydration
- Fatigue
- Blisters, rashes, and red spots on hands and feet, and around mouth
- Cough
- Headache

<https://www.cdc.gov/hand-foot-mouth/index.html>

<https://www.mayoclinic.org/diseases-conditions/hand-foot-and-mouth-disease/symptoms-causes/syc-20353035>

Primary care physician

## HAND, FOOT, AND MOUTH DISEASE

*Preschool Age*



# Transmission Treatment Prevention

- Contact with respiratory droplets that contain the virus: coughing, sneezing, sharing drinks, etc.
- Touching an infected person: hugging, handshakes, etc.
- Through feces: changing a diaper and then touching face
- Contact with contaminated surfaces: toys, doorhandles, tables, utensils, etc.



- No specific treatment.
- Symptoms usually clear up in 7-10 days
- Topical oral anesthetic may help relieve pain of sores
- Encourage fluids to prevent dehydration

- Wash your hands
- Disinfect toys or utensils
- Avoid close contact with infected people
- Clean bathrooms
- Avoid touching face

