

Treatment

There is no determined treatment for hand, foot, and mouth disease. Other measures that can be taken at home to treat symptoms include:

Over-the-Counter Medication

Medication like acetaminophen or ibuprofen may be used to alleviate fever and pain; however, children should never receive aspirin.

Liquids

Children should be encouraged to drink liquids. The sores on the mouth may cause pain, making it difficult to hydrate, leading to dehydration, which must be avoided.

Medical Attention

Individuals should see a healthcare provider if the child is unable to drink normally, dehydrated, has a weakened immune system, has severe symptoms, a fever for more than 3 days, or is younger than 6 months old.

Exclusion from School

Children should be excluded from child care or school if the child is feeling ill and has a fever or ulcers in the mouth. The child should be excluded until the blisters are dried and crusted.



Saginaw County
HEALTH DEPARTMENT
Caring experts, advocates & champions.
For health. For everyone.



989-758-3800



1600 North Michigan Avenue
Saginaw, MI 48602



www.saginawpublichealth.org

Information on this brochure was withdrawn
from the Center for Disease Control and
Prevention (CDC).



Hand, Foot, and Mouth Disease



Saginaw County
HEALTH DEPARTMENT
Caring experts, advocates & champions.
For health. For everyone.

What is Hand, Foot, and Mouth Disease?

Hand, foot, and mouth disease is a viral infection, which is also known as coxsackievirus disease.

- Coxsackievirus A16 is the most common source of hand, foot, and mouth disease in the United States.
- Coxsackievirus A6 is a more severe form of Hand, Foot, and Mouth Disease.

Hand, foot, and mouth disease can affect anyone; however, it is most common in children under the age of 5 years old.

The disease is highly contagious during the first week; however, the virus can spread after the symptoms are gone or if there are no symptoms for the entire duration of the infection. The incubation period is typically 3 to 5 days long.

Most individuals with hand, foot, and mouth disease recover after 7 to 10 days.

Symptoms

- **Fever**
- **Skin Rash**
 - Typically located on the palms of the hand, soles of the feet, buttocks, legs, and arms.
- **Mouth Sores**
 - Typically located on the tongue and inside of the mouth.
- **Sore Throat**



Signs

- **Drooling**
- **Lack of Eating and Drinking**
- **Individual Requesting Cold Fluids**
- **Flat or Raised Red Spots That Are Not Itchy**

Transmission

Person-to-Person Contact

The virus is in an individual's saliva, drool, and nasal mucus. Hand, foot, and mouth disease can spread by feces, fluid from blisters, kissing, or hugging. Fecal matter can spread the virus weeks after the onset of infection.

Surfaces and Objects

The virus may be located on surfaces like toys, faucets, doorknobs, diaper-changing tables, and toilets.

Prevention

Hand Washing

Individuals should wash their hands after changing diapers, using the restroom, coughing, sneezing, blowing your nose, and caring for someone who is sick.

Cleaning

Individuals should disinfect surfaces and objects that are shared or frequently touched.

Avoidance

Individuals should avoid hugging or kissing someone who is infected and touching their face with unwashed hands.