

Other things you can do

- Disinfect contaminated surfaces by wiping with a household cleaner.
 - Wash soiled clothing.
 - Wash hands well after disinfecting or doing laundry.
- ✘ Do not prepare food or baby bottles if you have this virus.

Going back to work, school or day care:

- You can go back to work when the blisters are gone.
- Your child can go back to school or day care when he or she feels well enough to go back and the blisters are gone.

Hand-Foot-and-Mouth Disease

What is Hand-Foot-and-Mouth disease?

Hand-Foot-and-Mouth disease is a problem caused by a virus called Coxsackie A. It is common in children about 10 years old but anyone can get it. The virus spreads from person to person by:

- touching discharge from the nose of an infected person
- touching saliva or drool from an infected person
- touching the feces or stool of an infected person

You cannot get Hand-Foot-and-Mouth disease from animals or pets. It is not the same disease that cattle, sheep or pigs get. These diseases are not related at all and are caused by different viruses.

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What are the signs of Hand-Foot-and Mouth disease?

It can take 3 to 6 days to show signs after contacting the virus:

- mild fever
- poor appetite
- sore throat
- feeling sick or unwell
- mouth sores – these begin as small red spots on the tongue, gums and inside the cheeks. Sores may blister or open and called ulcers.
- rash on the hands and feet – the small red spots do not itch but they may change into blisters and be painful.

What is the treatment?

There is no treatment for this infection. It usually goes away on its own.

Follow these guidelines to help:

Fever, pain and discomfort

Give the correct dose of pain control medication such as Tylenol[®] to control fever, pain and discomfort. The nurse will show you the amount to give your child. If the medication does not help, contact your family doctor.

Hand Washing



Good hand washing is the most important thing you can do to prevent spreading this problem. Wash your hands well before and after going to the bathroom, changing a diaper and eating.

Teach older children to wash hands well after going to the bathroom and before eating.

Mouth sores

- Brush teeth gently using a soft bristle brush. Rinse mouth often.
- Give cool, soft food such as Jell-O[®], milkshakes and puddings. Special drinks such as Gastrolyte[®] or Pedialyte[®] help children get the fluids they need. You can talk to your pharmacist about these drinks. Juice may cause stinging but some children take juices without any problems.

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