

### 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?

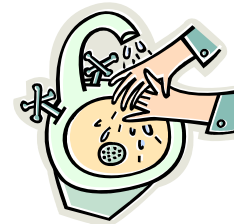
There is no treatment for this infection. It usually goes away on its own.

## 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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