

We have had some cases of Hand, Foot and Mouth disease in the district. Please see below and contact us or your physician with any questions or concerns.

SYMPTOMS OF HAND, FOOT AND MOUTH DISEASE

The first symptoms of HFMD are usually fever, sore throat, loss of appetite and feeling sick. Several days after fever begins, small red spots develop in the mouth that may turn into blisters or ulcers. A skin rash can also develop on the hands, feet, and buttocks, and sometimes on the arms and legs. The rash may be raised or flat red spots and blisters. Not everyone with HFMD has all these symptoms.

HOW SOON DO SYMPTOMS OF HAND, FOOT AND MOUTH DISEASE APPEAR?

Symptoms of HFMD usually appear 3-7 days after initial exposure and infection.

HOW IS HFMD SPREAD?

HFMD is commonly spread by contact with an infected person's stool, nasal discharge, saliva or blister fluid. A person is most contagious during the first week of the illness.

HOW IS HFMD TREATED?

There is no specific treatment. Almost all children with HFMD recover on their own. People with HFMD should rest and drink liquids to prevent dehydration. You may contact your child's health provider for other suggestions on how to treat the virus.

HOW CAN HFMD BE PREVENTED?

Wash your hands often with soap and water, especially after changing diapers and using the toilet.

Clean and disinfect frequently touched surfaces and soiled items, including toys.

Avoid close contact such as kissing, hugging, or sharing eating utensils or cups with people with hand, foot, and mouth disease.

WHEN CAN MY CHILD RETURN TO SCHOOL?

Children can return to school and daycare when they are fever free for 24 hours and their lesions are no longer draining. If mouth sores are present and your child drools they must stay home.

