



---

### **What is hand, foot and mouth disease?**

- Common viral disease of the skin and mucous membranes caused by enteroviruses. Small, blister-like sores appear in the mouth, backs of hands, palms, tops of feet and soles.

### **What are symptoms that could occur?**

- Fever
- Reduced appetite
- Sore throat
- Painful sores develop, but not itchy

### **How is it spread?**

- Person to person by direct contact with nose or throat discharges or stool of infected person
- Most contagious during the first week of the illness
- The usual period from infection to onset of symptoms is 3 – 7 days
- It is not transmitted to or from pets or other animals
- Mainly occurs in children between 6 months and 4 years of age
- Virus can stay in the body after the symptoms are gone, which means the disease can still be spread.

### **How is it diagnosed and treated?**

- Primary care provider evaluation
- Treatment is aimed at relief of symptoms

### **How can it be prevented?**

- Wash hands often with soap and warm water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact such as kissing, hugging, and sharing utensils with infected people
- Disinfect frequently touched surfaces and objects, such as toys and doorknobs

### **Should the sick individual be isolated?**

- The spread of infection is extremely difficult to prevent and the condition is harmless. Although most individuals are contagious from 2 days before to 2 days after the rash, avoidance of other children is unnecessary unless a fever is present or there are sores in the mouth.

### **When can the individual return to the general population?**

- Temperature is below 100°F for at least 24hrs without medication
- No sores are present in the mouth

### **Should facilities do special cleaning?**

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended on commonly touched surfaces.

### **If I have any other questions, whom can I contact?**

- Call the Genesee County Health Department at 257-1017