



Hand, Foot, and Mouth Disease Informational Sheet

Facts:

Hand, Foot, and Mouth Disease (HFMD) is a common viral illness that usually affects infants and children younger than 5 years old, but can occur in all ages. HFMD is caused by a virus.

Symptoms can present as:

- Fever
- Reduced appetite
- Sore Throat
- Painful sores in the mouth
- Rash with blisters, often on hands and feet

Treatment:

There is no specific treatment for HFMD. Please check with your family physician if you expect your child has HFMD for recommended treatments and what pain relievers are appropriate for children.

Prevention:

HFMD is spread person to person from through coughing, sneezing or contact with blister fluid or stool of the infected person. **Washing hands in the best way to prevent HFMD.**

Return to School:

- After contact with HFMD, children come down with symptoms in 3-6 days.
- Can return to school after the fever is gone. Most often, this takes 2 to 3 days. Can return to school when blisters dry up and crust over.

What to Expect:

- Fever lasts 2 or 3 days.
- Mouth sores should go away by 7 days.
- Rash on the hands and feet lasts 10 days. The rash on the hands and feet may then peel.

Call Your Doctor If:

- Signs of dehydration occur
- Fever lasts more than 3 days
- You think your child needs to be seen
- Your child becomes worse

For more information, please go to the Pennsylvania Department of Health link below:

<https://www.health.pa.gov/topics/Documents/Diseases%20and%20Conditions/Hand%20Foot%20and%20Mouth%20Disease.pdf>

If you have any questions, please contact your child's school nurse.

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