



## FACT SHEET: Hand-Foot-and-Mouth Disease (Coxsackie Virus)

Hand-Foot and Mouth disease, (caused by the Coxsackie Virus) is very common in the U.S. and occurs mostly in the summer and fall, but you can get it any time of year.

### HFMD, (Coxsackie virus) is spread by:

- Respiratory secretions and droplets, (saliva, drool, or nasal mucous)
- Fluid from blisters or scabs
- Feces, (poop)
- Contaminated surfaces

### Please monitor your child for the following symptoms:

<b>Fever and flu-like illness: common 3-5 days after infected</b>	<b>Mouth sores: usually start as small red spots to tongue and inside mouth, can blister and become painful. May notice:</b>	<b>Skin rashes:</b>
Sore throat	Not eating or drinking	Palms and soles of feet, other areas on occasion
Decreased appetite	Drooling	Usually not itchy
	Only wanting to drink cold fluids	Red, then blisters and scabs, (infectious until scabs)

***If your child develops any symptoms please keep them home and call your healthcare provider.***

### Prevention:

- Wash your hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer, especially after:
  - Blowing your nose, coughing, or sneezing
  - Using the toilet
  - Caring for someone that is sick
  - Changing a diaper

**Individuals at High Risk:** Always consult your healthcare provider with any questions or concerns. Although complications are rare some risk factors increase someone's risk. Anyone with underlying conditions, compromised immune system, or pregnant should speak to their doctor if exposed. Always consult your doctor with any questions or concerns.

**Return to School:** Your child can return to school once they are cleared by their healthcare provider and they have had:

- No fever for over 24 hours, and
- No drooling or mouth sores, and
- Blisters are almost healed and crusted over, and
- Feel well enough to participate in classroom activities.

**Any questions please email/call your school nurse, (found on your home school website)**

For more information: <https://www.cdc.gov/hand-foot-mouth/index.html>