

## Hand, Foot and Mouth Disease

Hand, foot and mouth disease — a mild, contagious viral infection common in young children — is characterized by sores in the mouth and a rash on the hands and feet. Hand-foot-and-mouth disease is most commonly caused by a coxsackievirus.

If your child has been exposed to this disease, please watch your child for the symptoms listed below. If your child has the following symptoms, please call your child's healthcare provider for guidance.

Symptoms usually appear 3 – 5 days after exposure.

### Common Signs and Symptoms:

- Fever
- Poor appetite
- Runny nose
- Sore throat
- A blister-like rash on the palms of hands, soles of feet and in the mouth that usually develops one to two days after the initial symptoms, and fade without treatment in 7-10 days.

Infection is spread from person-to-person through direct contact with nose/throat discharges or stool of infected person. The infected person is most contagious during the first week of the illness.

Children with a fever should not attend school. Hand Foot and Mouth disease can be contagious and it is best controlled by diligent hand washing, covered sneezing/coughing, and sanitized surfaces. There is no specific treatment for hand, foot and mouth disease.

Please call your School Nurse if you have any questions or concerns:  
H.C.O.E. Health Team at 445-7051

[www.humboldt.k12.ca.us/sps/healthteam](http://www.humboldt.k12.ca.us/sps/healthteam)