

CDRS

Communicable Disease Reporting System

COMMUNICABLE DISEASE FACT SHEET **HAND, FOOT AND MOUTH DISEASE**

Hand, foot and mouth disease (HFMD) is a common illness of infants and children. It is caused by any of several viruses, the most common being *Coxsackievirus A16*.

Symptoms

- Symptoms are fever, poor appetite, malaise (feeling sick) and frequently, a sore throat.
- One or two days after the fever begins, sores develop in the mouth. They begin as small red spots that blister and then often become ulcers.
- The skin rash develops over 1-2 days with flat or raised red spots, some with blisters. The rash does not itch, it is usually located on the palms of the hands and soles of the feet.

Transmission

- It is spread from person-to-person by direct contact with nose and throat discharges, or the stool of infected persons.
- A person is most contagious during the first week of the illness.

Treatment

- Most people recover without medical treatment, and resolves within 7-10days
- There are no common complications
- No specific treatment is available

Prevention

- Since HFMD is spread through respiratory secretions, disposable tissues should be used, along with good hand washing.
- Use good hand washing especially after changing diapers, disinfection of contaminated surfaces by household cleaners, and washing soiled clothing

Additional Information

HFMD is a different disease from foot and mouth disease of cattle, sheep and swine. Although the names are similar, the two diseases are not related at all, and are caused by different viruses.

All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.

Franklin County



Board of Health

Report Disease With Ease - 24 hours a day

www.cdinfo.com

Columbus and Franklin County Communicable Disease Reporting System

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