

Hand, Foot and Mouth Disease

What is hand, foot and mouth disease?

- Hand, foot and mouth disease (HFMD) is a common illness among infants and children.
- It mostly affects children under age 5 years old, but others can still get sick.
- It's spread by direct contact with an infected person's fluid from their nose, throat, saliva, and blisters.
- It can also be spread from infected persons poop.
- This disease is not spread to or from pets or other animals.

If I've been infected, how long before symptoms appear?

- Usually 3-6 days

What are the symptoms?

- Fever
- Poor appetite
- Sore throat
- Small blistering sores in the mouth, on the palms of the hands, buttocks, soles of feet
- Sores usually fade after 7-10 days

Questions?

Contact Tri-County Health Department at 303-220-9200 or visit us at: www.tchd.org



How long is a person contagious (able to spread the disease)?

- People are most contagious during the first week of the illness.
- The virus can be in a person's body for weeks after the symptoms are gone.

Help prevent the spread of HFMD by:

- Lots of hand washing with warm water and soap, especially after using the bathroom, changing diapers, before eating and touching food. Also after touching any body fluids.
- Disinfect soiled surfaces using a solution of bleach. Be sure to read the manufacturer's label.
- Avoid close contact (kissing, hugging, sharing utensils, etc.) with infected persons may help to reduce the risk of infection.

- Cover your mouth and nose when coughing/sneezing with their arm and not their hand
- Exclude children from child care or school settings if the child has mouth sores and is drooling uncontrollably.

What is the treatment?

- No treatment is available for this infection.
- Ill persons may be given medication for relief from fever, aches, or pain from the mouth ulcers.



What are the Public Health Requirements?

- One ill person is not reportable to public health.
- All outbreaks or suspected outbreaks are reportable to public health.