



Lenawee County  
**HEALTH**  
DEPARTMENT

WHAT YOU NEED TO KNOW

## HAND FOOT & MOUTH DISEASE FACT SHEET

### What is Hand, Foot, and Mouth Disease?

Hand, Foot and Mouth disease is a highly contagious viral infection that is very common among children younger than 5 but can still infect adults. It is normal in daycare or summer camp facilities. It usually occurs in summer and early fall.

### What are the symptoms?

- Fever (for first 1-2 days)
- Loss of appetite
- Painful mouth sores
- Painful red rash on palms of hands and soles of feet
- Adults may not seem symptomatic, but remain infectious

**Symptoms appear usually 1 to 2 days after fever.**

### How can it be prevented?

- There is no vaccine for Hand Foot and Mouth Disease.
- Wash hands often and thoroughly with warm water and soap.
- Clean and disinfect surfaces and objects that could be infected such as toys or door knobs.
- Avoid close contact such as kissing, hugging, sharing utensils or cups with the infected individual.

### How can it be spread?

- Close contact with sick individuals
- Through the air after coughing or sneezing
- Contact with contaminated objects or surfaces
- Close contact with feces
- Still able to spread disease for up to a week after symptoms subside.

### How it is treated?

- No specific treatment but over the counter medications can help relieve symptoms. **(ASPIRIN SHOULD NOT BE GIVEN TO CHILDREN)**
- Drink plenty of fluids
- **Do not return to work, school, or daycare until you are cleared by a health care provider**