



## Hand, Foot and Mouth Disease (Coxsackie Virus)

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

Hand, Foot and Mouth Disease is an infection that starts as a group of sores on the inside of the cheeks, gums and tongue, the palms of the hand, fingers, soles of the feet and the buttocks. The sores may be like blisters or may be pus-filled. The sores usually last from 7 to 10 days, but sometimes up to 14 days.

### What causes it?

A virus called Coxsackie is passed from one person to another person by direct contact. This means it is contagious and can be passed from one child to another.

### How is it diagnosed?

The type of sores and location of the sores on your child's body will help the doctor or nurse know that your child has Hand, Foot and Mouth disease. Tests are not needed.

### How is it treated?

1. **There is no medical treatment for this disease:** you may treat the sores with Tylenol if they are itchy or painful. Talk to the doctor or nurse about treatment.
2. **Wash your hands every time you come in contact with body fluids.** This is the best way to stop spreading the illness. Wash your hands if you change a diaper, help your child use the toilet or blow their nose.
3. Offer fluids and give a soft, bland diet.

### Special Directions

- Your child may return to school or daycare only when there is no fever, the sores are covered by scabs or if the sores are completely covered by clothing.
- Keep your child home from daycare or play groups if your child has any sores inside the mouth and is still young enough to try to put toys or fingers in his or her mouth.

### ALERT:

Call your child's doctor, nurse or clinic if you have any questions or concerns or if your child:

- Has a dry mouth.
- Does not have tears when crying.
- Has not urinated in 8-12 hours.
- Has special health care needs that were not covered by this information.

***This teaching sheet is meant to provide you with additional information about your child's care. Diagnosis, treatment and follow-up should be provided by your health care professional.***