

## HAND, FOOT, AND MOUTH DISEASE

Hand, foot, and mouth disease is an infection which is most common in children under ten years old. This illness occurs most often in the summer and fall months.

**CAUSE:** A coxsackievirus

**SYMPTOMS:** Lesions (small sores) occur toward the front of the mouth, on the sides of the tongue, inside the cheeks, and on the gums. These mouth sores may last 7 to 10 days. In most cases, sores (that may resemble blisters) will also be found on the palms of the hands, the fingers, and the soles of the feet. A low-grade fever may last 1 to 2 days.

**SPREAD:** This virus leaves the body through the stool of an infected person and enters another person when hands, food or objects (such as toys) contaminated with stool, are placed in the mouth.

**INCUBATION:** It usually takes 3 to 5 days after exposure for symptoms to begin.

**CONTAGIOUS PERIOD:** During illness and possibly for several weeks after illness (through contact with stool). Also, infected persons who may not seem sick are able to spread infection.



Until fever is gone and child is well enough to participate in normal daily activities. Sores may still be present.



### Prevention Control

1. Wash hands thoroughly with soap and running water for at least 20 seconds after using the bathroom, wiping the nose or mouth, and after handling diapers or anything soiled with stool. If hand sanitizers are used, they may be used only after thorough handwashing.

2. Clean and disinfect contaminated areas (diapering area, toilets, potty-chairs) and sanitize toys at least daily and when soiled.



**1. Bleach Disinfectant**

- 1/4 cup bleach in a gallon of water
- 1 tablespoon bleach in a quart of water

PREPARE FRESH SOLUTION DAILY.

OR

**2. Commercial disinfectant that is EPA approved**

FOLLOW MANUFACTURER'S DIRECTIONS.



**1. Bleach Sanitizer (Use non-scented)**

- 1 teaspoons bleach in 1 gallon water
- 1/4 teaspoon bleach in 1 quart water

Use test strip to check concentration. Do not rinse. Air dry.

PREPARE FRESH SOLUTION DAILY.

OR

**2. Commercial or food grade sanitizer that is EPA approved**

FOLLOW MANUFACTURER'S DIRECTIONS.

3. Dispose of tissues and diapers properly.

4. Treatment: None.



For more information, you or your physician may call the Douglas County Health Department at 444-7214, or your local health department.