

Hand, Foot, and Mouth Disease (HFMD)

FOR MORE INFORMATION ON HFMD PLEASE VISIT: <https://www.cdc.gov/hand-foot-mouth/about/index.html>

What is HFMD?

HFMD is a common and contagious viral infection that most commonly affects infants and children under 5 years of age. The illness typically causes skin rashes, mouth sores, and fever.

How is it spread?

HFMD is highly contagious and passed easily from person to person, especially in schools and daycare centers. It can be spread through contact with:

- Droplets from an infected person sneezing, coughing, or talking
- Objects or surfaces that are contaminated with virus particles
- Fluid from blisters
- Feces

Signs and Symptoms:

- Fever
- Sore throat
- Painful mouth sores or blisters
- Skin rash that is typically on the hands and feet



How to prevent HFMD:

- Frequent handwashing
- Keep blisters clean
- Help children with hygiene (handwashing, blister care, etc.)
- Avoid touching your face
- Clean and disinfect surfaces, doorknobs, and items that are frequently touched such as toys
- Avoid close contact with infected people

Treatment and recovery:

Most people infected with HFMD recover within 7 to 10 days on their own with minimal to no medical treatment. You can manage symptoms at home by drinking plenty of fluids and taking over-the-counter medication for fever and pain relief.

****Do not give aspirin to children.***

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