

HIGHLAND RIM HEAD START

P.O. Box 208 • 3215 Hwy 149

Erin, Tennessee 37061



Attention Parents/Guardians

Please be advised cases of Hand, Foot, and Mouth Disease have been diagnosed here at the Center.

Sign and Symptoms:

Hand, foot, and mouth disease is a common viral illness that usually affects infants and children younger than 5 years old. It usually starts with a fever, reduced appetite, sore throat, and a feeling of being unwell. One or two days after the fever starts, painful sores can develop in the mouth. The mouth sores begin, often in the back of the mouth, as small red spots that blister and can become ulcers. A skin rash with red spots, and sometimes with blisters, may also develop over one or two days on the palms of the hands and soles of the feet; it may also appear on the knees, elbows, buttocks or genital area.

Prevention:

You can lower your risk of being infected by doing the following:

- Wash your hands often with soap and water, especially after changing diapers and using the toilet.
- Clean and disinfect frequently touched surfaces and soiled items, including toys.
- Avoid close contact such as kissing, hugging, or sharing eating utensils or cups with people with hand, foot, and mouth disease.

Treatment

There is no specific treatment for hand, foot, and mouth disease. However, you can do some things to relieve symptoms:

- Take over-the-counter medications to relieve pain and fever (Caution: Aspirin should not be given to children.)
- Use mouthwashes or sprays that numb mouth pain

If you are concerned about your symptoms you should contact your health care provider.

Transmission

The viruses that cause hand, foot, and mouth disease can be found in an infected person's:

- nose and throat secretions (such as saliva, sputum, or nasal mucus),
- blister fluid, and
- feces (stool).

An infected person may spread the viruses that cause hand, foot, and mouth disease to another person through:

- close personal contact,
- the air (through coughing or sneezing),
- contact with feces,
- contact with contaminated objects and surfaces.

Generally, a person with hand, foot, and mouth disease is most contagious during the first week of illness. People can sometimes be contagious for days or weeks after symptoms go away so it's important to maintain good hygiene (e.g. handwashing) so they can minimize their chance of spreading or getting infections.

You should stay home while you are sick with hand, foot, and mouth disease. Talk with your healthcare provider if you are not sure when you should return to work or school.

<https://www.cdc.gov/hand-foot-mouth/about/signs-symptoms.html>