



## Hand, Foot, and Mouth Disease (Typical and Atypical Coxsackie)

Your child may have been exposed to this disease on \_\_\_\_\_.  
*Date(s)*

Please check your child for symptoms through \_\_\_\_\_.  
*Date*

*If your child has symptoms, please contact your child's healthcare provider.*

### **If my child has this disease, when can he or she return to school or child care?**

**Children may return to school or child care when they are no longer sick.**

Children may not attend school or child care until he or she has not had a fever for 24 hours without taking a medication that treats fever, and does not have open mouth sores, diarrhea, vomiting, an extensive rash, or cannot join in school or child care activities.

#### **The Coxsackie virus causes hand foot and mouth disease.**

It is common in infants and children less than 11 years of age. Symptoms are:

- Fever
- Loss of appetite
- Sore throat
- Feeling unwell
- Painful mouth sores
- A rash on the hands and feet or face, sometimes on the buttocks, knees, or elbows.

The painful mouth sores usually develop about 1 or 2 days after the fever starts and can make it difficult to swallow liquids. This is a concern because if a child is not getting enough liquids, they are at risk for dehydration.

#### **What can I do now?**

**Watch your child** for symptoms of this disease. Call your child's doctor or health care provider if your child is sick.

#### **If your child gets sick, prevent others from getting ill by:**

- Cleaning items and surfaces in your home that are frequently touched. Disinfect items and surfaces by using a cleaning solution that kills bacteria, such as 1 to 3 tablespoons of bleach mixed with 1 quart (32 ounces) of water.
- Washing your hands with soap and water often, such as after changing diapers or using the toilet.
- Do not kiss, hug, or share eating utensils with a sick person.

In atypical hand, foot, and mouth disease, a person may have a large rash covering the entire leg, arm, face, or trunk. The rash may be small bumps or big, red blisters.

#### **How is hand foot and mouth disease spread?**

- Coughing and sneezing
- Touching items that have been in contact with fluid from blisters, the nose, or the throat from someone who is sick
- Contact with stool from someone who is sick

A sick person is most often spreads this sickness during the first week of being sick. However, a person can spread the illness up to several days or weeks after symptoms are gone.