



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.