



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 becomes sick, when can they return to school or child care?

Your child can return to school when they have not had a fever for **24 hours** (without use of fever reducing medications) **and** do not have excessive drooling due to open mouth sores **and** the child is well enough to participate in routine activities (sores or rash may still be present).

The Coxsackie virus causes hand, foot, and mouth disease. It is common in infants and children less than 5 years of age. It causes:

- Fever
- Loss of appetite
- Sore throat
- Feeling unwell
- Painful mouth sores that appear 1 or 2 days after the fever
- A rash on the hands and feet or face, sometimes on the buttocks, knees, or elbows.
- Sometimes diarrhea or vomiting

The painful mouth sores 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.

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.

What can I do now?

Watch your child for symptoms.

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

- Keeping your sick child at home.
- Teaching your child to wash their hands frequently for 30 seconds with soap and water.
- Teaching your child to sneeze and cough into the arm or shoulder, not the hand.
- Avoiding touching your face without washing your hands first.
- Cleaning and disinfecting commonly touched surfaces, such as doorknobs with child safe cleaners.
- Do not kiss, hug, or share eating utensils with a sick person.
- Use disposable gloves and change your clothes after cleaning up diarrhea or vomit. Place soiled items in a sealed plastic bag in the trash.

How is hand, foot, and mouth disease spread?

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

- Nose and throat secretions (such as saliva, sputum, or nasal mucus)
- Blister fluid
- Stool (poop)

This illness can be spread by:

- Close personal contact, such as hugging an infected person
- The air when a sick person coughs or sneezes
- Contact with stool (poop), such as when changing diapers of a sick person, then touching eyes, nose, or mouth before washing hands

A sick person most often spreads hand, foot, and mouth to others during the first week of being sick. However, a person can spread the illness up to several days or weeks after symptoms are gone.