

# Hand Foot Mouth Disease



**Cardinal Pediatrics**  
304-599-8000

## What is Hand Foot Mouth?

It is a common viral illness in children under 5 years old (but anyone can get it). It is caused by coxsackie virus. The illness is very contagious, so it can spread quickly, especially in schools and daycares.

## Symptoms

- Sores
  - Mouth, Palms of Hands, Soles of Feet, Diaper Area
- Fever
  - A fever is a temperature > 100.4F
- Sore Throat
- Loss of Appetite
- Irritability

## When to call your doctor

- Fever over 104°F
- Your child is not drinking enough to stay hydrated
- Symptoms do not improve after 10 days
- Your child is less than 6 months old
- You have other questions or concerns

## Treatment

Treating the illness with supportive care (so treat your child's symptoms). This is a virus, so antibiotics will NOT help. Most important - keeping hydrated! Encourage your child to drink, usually cold things may be easier for your child to drink. Use Tylenol or Motrin to help with fevers and discomforts. If your child complains of itching, you can try calamine lotion. Symptoms usually last about 7-10 days.

## How is it spread?

- Saliva (so close contact such as kissing, sharing cups or eating utensils)
- Mucus from nose or lungs (such as coughing or sneezing)
- Fluid from blisters or scabs
- Poop (from changing diapers, so wash your hands after)

## Prevention

- Wash your hands!
- Disinfect surfaces and shared items such as toys and doorknobs
- Avoid kissing, close contact, shared cups, utensils
- Do not send back to daycare until symptoms gone: no fever and all blisters dried up



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**Remember we are only a phone call away!**