

LAKE COUNTY HEALTH DEPARTMENT
AND
COMMUNITY HEALTH CENTER

**HAND, FOOT AND MOUTH DISEASE
(COXSACKIE VIRUS DISEASE)
(Enteroviral Vesicular Stomatitis with Exanthema)
(Herpangina)
(Enteroviral Vesicular Pharyngitis)**

*** What is Hand, Foot and Mouth Disease?**

Hand, foot and mouth disease is an infection of the mouth, palms of the hands, fingers and soles of the feet, caused by coxsackie virus.

Incubation period: (Time from exposure to infection to beginning of symptoms of illness).
Usually 3-6 days

Period of communicability: (Period person can give infection to another).
During illness and possibly longer, since viruses remain in the stool for several weeks.

*** What are the symptoms of Hand, Foot and Mouth Disease?**

This disease usually starts suddenly with a sore throat and low grade fever that last 1-2 days. Small blisters containing clear fluid occur inside the mouth and throat, on the lips, fingers, hands and feet . These blisters break easily and can last for 7-10 days.

*** How is Hand, Food and Mouth Disease Spread?**

Infectious germs leave the body of an infected person through the stool, saliva, and nasal discharges of an infected person and enter another person when contaminated hands, food or objects are placed in the mouth. Hand-foot-mouth disease is not transmitted to or from animals or pets; it is not associated with the similarly named disease that can cause serious illness in cattle. At least half of all children with this infection have no symptoms.

*** How is Hand, Foot and Mouth Disease treated?**

There is no specific treatment. Call your medical provider with questions.

*** How Can the Spread of Hand, Foot and Mouth Disease be Prevented/Limited In Child Care Center?**

- A child suspected of having Hand, Foot and Mouth Disease is to be removed from the center.
- Inform parents of other enrolled children who have been exposed of the illness. Educate parents, staff and children about the disease, transmission, and prevention.
- Encourage frequent, thorough handwashing by children and staff, especially after diapering/toileting, sneezing, coughing and/or blowing the nose.

- Clean and disinfect articles, (toys, tables, chairs, cots, sheets, doorknobs, etc.) that may be soiled with nose and throat discharges and/or stool of infected person, (diapering area, toilets, potty chairs). Dispose of tissues with nose/throat discharges, and diapers properly in a washable, plastic-lined, covered container. Wash hands thoroughly.

*** Other Comments/Suggestions.**

- Teach the important of basic hygiene measures such as covering the mouth when coughing or sneezing and frequent, proper hand washing before any activity that brings hands in contact with the mouth., e.g., eating, drinking, smoking, etc. Emphasize the importance of proper disposal of used tissues; prompt hand washing after handling articles soiled with oral secretions or discharges from the nose and immediately after diaper changing or toileting; and not sharing glasses, straws, water bottles, eating utensils, etc.

*** Exclusion**

Children with hand, foot and mouth disease should be excluded from school if fever is present. Children should be given plenty of rest and liquids.

NOTIFICATION OF HAND, FOOT & MOUTH DISEASE
(A viral infection)

Dear Parent:

A case of hand, foot and mouth disease has been reported in your child's classroom. This virus affects the mouth, palms of the hands, fingers and soles of the feet and is caused by the coxsackie virus.

Incubation period: (the time between exposure to the disease and the appearance of symptoms)
Usually 3 – 6 days.

Contagious period: (when the disease can be transmitted to another person)
The person may be contagious during the illness and probably longer because the virus can be passed in the stool for several weeks after the symptoms are gone.

Signs and symptoms:
This disease usually starts with a sore throat and low grade fever that lasts 1 – 2 days. Small blisters containing clear fluid occur inside the mouth and throat, on the lips, fingers, hands and feet. These blisters break easily and can last for 7 – 10 days.

Treatment:
There is not specific treatment but you should contact your doctor for evaluation and suggestions on alleviating symptoms.

How is this disease spread:
Infectious germs leave the body of an infected person through the stool, saliva, and nasal discharges of an infected person and enter another person when contaminated hands, food or objects are placed in the mouth.

Control of cases:
Children with hand, foot and mouth disease should be excluded from school if fever is present. Children should be given plenty of rest and liquids.

General prevention measures:
Teach the importance of washing hands properly. When washing hands, use soap, rubbing hands together for 20 seconds and rinse in running water. Make sure children dispose of tissues properly. Children should be discouraged from sharing foods and eating/drinking utensils.