

## Hand, Foot & Mouth Disease (HFMD)

Your child has been diagnosed or suspected to have HFMD and may have any of the following symptoms:

- Tiny red spots and blisters on the hands and feet (can be on palms, fingers, soles, and toes)
- Small mouth ulcers or sores (can be on the tongue and sides of the mouth)
- Small blisters or red spots on the buttocks
- Fever
- Fussiness
- Excessive drooling
- Decreased appetite

### Causes of HFMD

- HFMD is a common viral infection usually caused by enteroviruses.
- It mainly occurs in children ages 6 months to 4 years old, but can be present in other age groups.
- Most often, HFMD causes a mild rash as well as blisters in the mouth, throat, hands, and feet. In addition, children may develop a fever and can become dehydrated because it hurts to swallow liquids.
- Symptoms usually resolve completely within 7-10 days.
- HFMD is contagious and can be easily spread to others through contact with unwashed hands, stool, saliva, mucus, or fluid from blisters. After contact, children may develop symptoms in 3-6 days.

### Care & Treatment of HFMD

- 1) Increasing Fluids & Soft Diet:
  - Ensure that your child is drinking adequate fluids as the goal is to keep your child well-hydrated.
  - Cold drinks, milk shakes, popsicles, slushies and sherbet are all good choices.
  - Offer a soft diet. Good food options are mac and cheese, mashed potatoes, cereals with milk and ice cream. Avoiding foods that need a lot of chewing can help.
  - Citrus, salty, spicy foods and hot drinks and soda should be avoided.
  - Fluid intake and maintaining adequate hydration is the most important goal.. It is okay if your child eats less for a few days while they are recovering.
- 2) Pain & Fever Medication:
  - Mouth sores and blisters can be painful. A weight-based dose of Tylenol or Motrin can be used as needed. ([See Tylenol/Motrin Dosing Chart](#))
- 3) Care of Rashes/Blisters:
  - The rash and blisters do not require any special treatment. Occasionally, blisters may open. They should dry over quickly and can be washed like normal skin.

### What to Expect with HFMD

- Fever for 2-3 days or less
- Mouth sores for ~7 days or less
- Rash on the hands and feet for ~10 days or less

### Return to School/Daycare with HFMD

- Child has not had a fever (without fever-reducing medications) for at least 24 hours
- No new blisters or open sores

## When to Call for HFMD

### Continue Self-Care at Home

- Child has suspected or confirmed HFMD and no other issues or concerns

### Call Office to be Seen Within 24 Hours

- Red, swollen and tender gums
- Ulcers and sores also on the outer lips
- Rash is spreading to arms and legs
- Fever lasting >3 days

### Call Office to be Seen Urgently or Contact Emergency On-Call Provider

- Dehydration is suspected: no urine in >8 hours, dark urine, very dry mouth and no tears
- Child is looking or acting very sick

### Call 911 Now

- Child is not moving or can't wake up
- Severe trouble breathing (struggling for breath and cannot speak or cry)
- You think your child has a life threatening emergency