

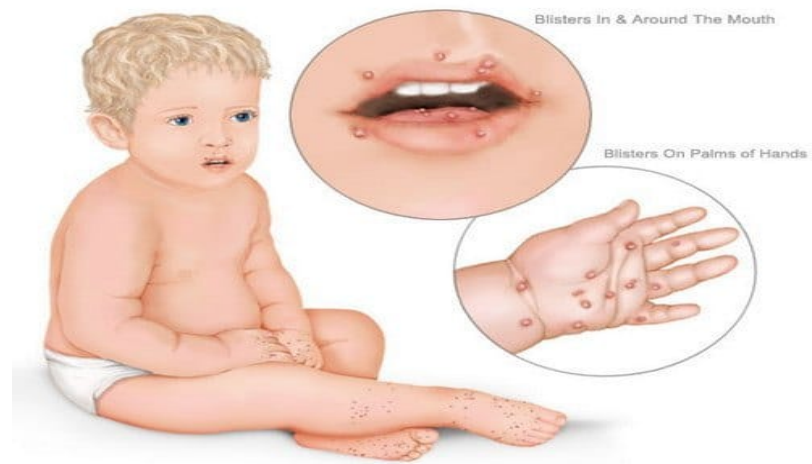
# Hand, Foot, & Mouth Disease Guidelines

## WHAT IS HFM DISEASE?

Hand, foot, and mouth disease (Coxsackie virus) is a common virus causing sores in the mouth and a rash on the hands and feet. It is common in infants and children younger than 5 years old. The illness is usually not serious, but it is very contagious. It spreads quickly at schools and day care centers.

## COMMON SIGNS & SYMPTOMS

- Rash on hands, feet, and/or mouth
- Fever
- Sore throat/coughing
- Feeling unwell/Irritability
- Loss of appetite
- Fatigue/headache
- Conjunctivitis
- Nausea/vomiting/diarrhea



## CONTAGIOUS TIME PERIOD:

1-2 weeks for respiratory secretions; weeks to months for feces.

## TIME FROM EXPOSURE TO SYMPTOMS:

3-6 days

## TREATMENT / SELF-CARE:

The virus usually clears up on its own within 7-10 days. Pain medications help relieve symptoms.

## HOW IT SPREADS:

Contact with fecal, oral, or respiratory secretions.

## ACTION AT SCHOOL:

All students that have suspected HFM should be sent home if blisters are opened and oozing. Exclude the child from school until fever-free (99.9 F or below) for 24 hours without the use of any fever reducing medications. If these symptoms are not present, students are allowed to stay in school if feeling well enough to do so.

## CONSIDERATIONS AND PREVENTION MEASURES:

Good handwashing and hygiene. Proper disinfection of surfaces.