

# Hand, Foot, and Mouth Disease

## WHAT IS HAND, FOOT, AND MOUTH DISEASE?

Hand, Foot, and Mouth Disease is caused by a germ that primarily affects young children in the summer and early fall. It starts with a fever and 1-2 days later, a rash develops near the mouth, on the palms of hands and on the soles of feet.

## WHAT ARE THE SYMPTOMS?

reduced appetite

fever

sore throat

sores or blisters on mouth, palms, or soles

## HOW CAN I GET HAND, FOOT, AND MOUTH DISEASE?

Coming into contact with respiratory secretions, either directly from an infected person or from touching their hands or toys that they played with

Coming into contact with the stool from an infected person

## HOW CAN I PREVENT GETTING HAND, FOOT, AND MOUTH DISEASE?

Wash hands properly with soap and water after changing diapers and going to the bathroom

Wash toys well

Cover your mouth and nose when sneezing or coughing. Be sure to wash hands properly afterwards

More Info:



CDC  
<https://www.cdc.gov/hand-foot-mouth/>

