

Your child may have been exposed to:

Hand, Foot, and Mouth Disease

Hand, foot, and mouth disease (HFMD) is a viral infection that causes a rash illness.

If you think your child has Hand, Foot, and Mouth Disease:

- Tell your childcare provider or call the school.
- **Need to stay home?**

Childcare and School:

Yes, until fever is gone for 24 hours, all sores are dry and/or scabbed over and no new lesions have appeared for 24 hours.

Enhanced exclusions may be implemented during an outbreak.

Symptoms

Your child may have a fever, rash, sores and a vague feeling of illness.

The rash may appear as small pimply sores at first progressing to larger sores (some fluid filled) that tend to scab over after a day or two. These sores may last 7 to 10 days. The sores do not usually itch but can be painful as they emerge and may appear on parts of the body other than the hands, feet or mouth (e.g. groin, buttocks, torso, arms and face). Sores in the mouth and/or throat may cause loss of appetite and/or dehydration which may become a medical emergency. Ask a healthcare provider how to prevent dehydration.

If your child is infected, it may take 3 to 6 days for symptoms to start.

Spread

- By coughing and sneezing.
- By touching contaminated hands, surfaces, and objects.

Contagious Period

During the first week of illness. The virus may be in the stool for several weeks after symptoms resolve.

Call your Healthcare Provider

- ◆ If anyone in your home has symptoms.

Prevention

- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with stool or secretions from the nose or mouth and before preparing food or eating. Your child may need help with hand washing.
- Clean and disinfect any objects that come in contact with stool or secretions from the nose or mouth. This includes toilets (potty chairs), sinks, mouthed toys, and diaper changing areas. Use a product that kills germs.

For more information, call Washoe County Health District-Communicable Disease Program at (775) 328-2447 or call your local health department if you reside outside of Washoe County.