



# PUBLIC FACT SHEET

## HAND, FOOT and MOUTH DISEASE

### What is hand, foot and mouth disease?

It is a common disease in infants and children. It is caused by a virus. It usually begins in the throat.

### How is hand, foot and mouth disease spread?

Hand, foot and mouth disease may be spread through the following ways:

- By direct contact with nose or throat secretions from an infected person
- By contact with the stool of an infected person

### What are possible symptoms?

Symptoms may include:

- Fever
- Sore throat
- Sores in the throat, mouth or on tongue appear 1-2 days after the fever.
- Red spots or blisters may develop on the palms of the hands, soles of the feet or on the buttocks 1-2 days after the mouth sores.

### How is hand, foot and mouth diagnosed?

A doctor can diagnose hand, foot and mouth disease based on the history of symptoms. Examining the rash on the palms or feet may also lead to diagnosis.

### What is the treatment for hand, foot and mouth disease?

There is no specific treatment. Acetaminophen (Tylenol) or ibuprofen can help reduce the fever. Extra fluids should be offered. Cold milk products like ice cream are best. Children may refuse juice or soda because the acid can cause burning in the mouth.

### For more information on hand, foot and mouth disease:

Ottawa County Health Department  
[www.miOttawa.org](http://www.miOttawa.org)

Medline Plus/National Institutes of Health  
[www.nlm.nih.gov/medlineplus/ency/article/000965.htm](http://www.nlm.nih.gov/medlineplus/ency/article/000965.htm)