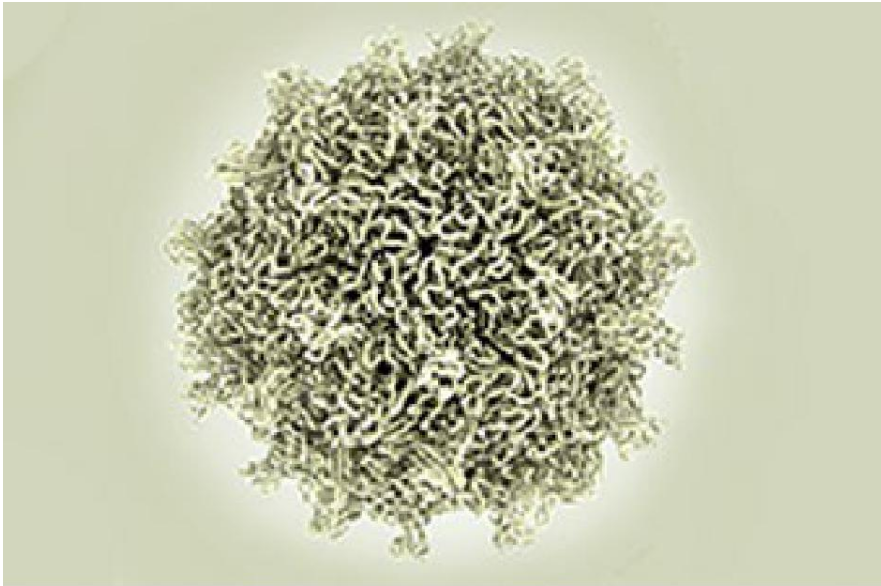




## Hand, Foot and Mouth Disease (HFMD)



### Overview

This is a common viral infection. It most often affects kids under age 10. It spreads easily from person to person.

### Causes

This disease is caused by a virus called coxsackievirus A16. It lives in the poop of infected people. If your child touches a surface with infected poop on it, they can spread it to their mouth and swallow it. The virus is also carried in droplets from coughs and sneezes. And, it's found in the fluid inside an infected person's blisters.

### Symptoms

What are the symptoms? Your child may have fever, headache, and sore throat. They may lose their appetite. They may have a painful rash on their hands, feet and diaper area. And they may have ulcers in their mouth, throat and on their tongue.

### Treatment

How do we treat it? Most kids recover at home within five to seven days. Give them plenty of fluids. You may be able to give them medicines to help ease their symptoms. And, salt water rinses can soothe sores in their mouth. For more info, talk to your child's doctor.