

EXPOSURE NOTICE

HAND, FOOT, AND MOUTH DISEASE (HFMD)

HFMD is usually seen in children under age 5, but can affect all age groups. This viral infection occurs most often from spring to fall, and spreads from an infected person through contact with saliva, coughs, sneezes, or contact with feces (poop). HFMD is most contagious (able to spread to others) during the first week of illness. It has no specific treatment and will go away by itself.

WHAT TO LOOK FOR

- Tiny mouth sores that blister
- Skin rash (flat or bumpy red spots) on the palms of hands and soles of feet
- Fever
- Sore throat
- Lack of appetite
- Feeling unwell

For more information:

nj.gov/health/cd/topics/hfmd.shtml



HOW TO PREVENT PREVENT THE SPREAD OF HFMD

- Wash hands often, especially after changing diapers or using the toilet.
- Cover coughs and sneezes. Teach children to do the same.
- Clean and disinfect things that are touched often, including toys.
- Avoid close contact such as kissing, hugging, sharing cups or eating utensils with people who have HFMD.

WHEN CAN MY CHILD GO BACK TO SCHOOL OR CHILD CARE?

Keep children with HFMD home until they are fever-free without fever-reducing medication and drooling from mouth sores has stopped.

The child care setting may ask that your child stay home longer if they have other symptoms.