

EXPOSURE NOTICE: Hand Foot and Mouth Disease (HFMD)

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

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.

WHAT TO LOOK FOR

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



WHEN CAN MY CHILD GO BACK TO SCHOOL OR CHILD CARE

Children with HFMD should stay home until the fever is gone and any drooling due to mouth sores has stopped. The child care setting may ask that your child stay home longer if they have other symptoms that would exclude them from coming to child care.

