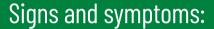
UNIVERSITY OF NOTRE DAME

HAND, FOOT, AND MOUTH DISEASE

What is HFMD?

Contagious illness caused by Coxsackievirus.



- cold/flu symptoms like sore throat, fever
- sores inside or outside mouth
- rash with red spots on palms of hands and soles of feet, can be itchy

How is it spread/caused?

- Contact with contaminated surfaces
- Contact with fluids from blisters or scabs
- Respiratory droplets

Prevent the spread by washing your hands and frequently touched surfaces (doorknobs, tables, furniture)

HFMD is **self-limiting**. Which means it will go away on its own in about a week or two.

How to manage symptoms:

- Rest and hydrate to support your immune system
- Mix equal parts Liquid Benadryl and Maalox to use as a mouth rinse to ease mouth sores
- Oral Benadryl to reduce rash symptoms (can also make you sleepy)
- **Anbesol** numbs mouth sores
- Hydrocortisone cream to reduce itchiness of rash.
- **Ibuprofen** (Advil, Motrin) and **Acetaminophen** (Tylenol) to reduce inflammation, swelling, and pain

When to call UHS:

If you are concerned about your progressing symptoms or have other questions or concerns.

Check out the latest updates and more details from **the Mayo Clinic**



Saint Liam Hall, Notre Dame (574)631-7497 - uhs.nd.edu