



HAND, FOOT, AND MOUTH DISEASE



What is HFMD?

Contagious illness caused by **Coxsackievirus**.

Signs and symptoms:

- 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.

When to call UHS:

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

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

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



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