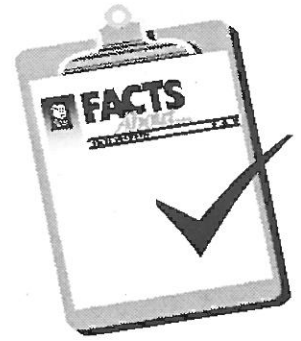




FACTS

About...



HEALTH DEPARTMENT

HAND, FOOT & MOUTH DISEASE

What is it?

Hand, Foot and Mouth disease is a common childhood disease caused by enteroviruses, usually coxsackie virus.

How is it spread?

Hand, Foot and Mouth disease spreads from one person to another by sneezing/coughing or contact with saliva, mucus and the stool of an infected person. The virus can persist in stool for several weeks.

What do I look for?

A mild fever for one to two days, followed by sores or blisters in the mouth, palms, fingers, soles of the feet, and less commonly, the buttocks. Blisters may last 7–10 days.

How is it treated?

Hand, Foot and Mouth disease is caused by a virus. There is no specific treatment.

How can I protect myself?

- Reduce person to person contact with those who have the symptoms
- Wash articles soiled with nose and throat discharges, including toys, in soapy water
- Wash your hands after handling discharges, soiled articles and diapers
- Cover your mouth when you cough or sneeze and encourage others to do the same
- Do not share eating/drinking utensils

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For more information
DURHAM REGION HEALTH DEPARTMENT
905-668-7711 1-800-841-2729 or www.durham.ca