

Hand, Foot and Mouth Disease

HFMD is usually a mild, but very contagious viral infection common in infant and children under 10 years of age. However, adolescents and adults can also be affected.

HFMD gets its name from the non-itchy rash that develops on the palms of the hand and soles of the feet. It can cause ulcers in your mouth and make you feel generally unwell although some people have no symptoms. The symptoms usually develop between three and five days after being exposed to the infection.

The condition spreads when the infected person coughs, sneezes and the virus is transmitted into the air. Other ways of becoming infected are:

- If you have any contact with fluid from the blisters, saliva or stool of the infected person.
- If you have any contact with contaminated surfaces and or objects.

The first symptoms may include:

- High temperature (fever), usually around 38-39C (100.4-102.2F)
- General sense of feeling unwell
- Loss of appetite
- Coughing
- Abdominal (tummy) pain
- Sore throat and mouth
- Small red spots in the mouth, these may develop into painful ulcers and it may be difficult to eat and drink.
- Any red spots on the skin will turn into a non-itchy rash; spots are raised, sometimes with blisters.

Treatment:

- There is no specific treatment as it is a viral infection which usually clears by itself after 7-10 days.
- You can ease the symptoms by giving paracetamol or ibuprofen
- Drink plenty of fluid to avoid dehydration
- Cold beverages, soft food, milk products or sucking on ice cubes may help.
- Ensure they have plenty of rest.

Prevention:

- Good hand hygiene is the most important and effective way of preventing the spread of the infection.

If your child has HFMD, please inform the nursery and keep them at home while they are feeling unwell. They can return to nursery when the blisters have dried up and they are symptom free. Please visit the clinic on your child's first day back.



For further information and advice please contact the Nursing Team.