

Hand Foot & Mouth Disease (HFMD)



About HFMD

HFMD is a common disease found mainly in young children under 5 years old, but anyone can get it.

Transmission (Spread)

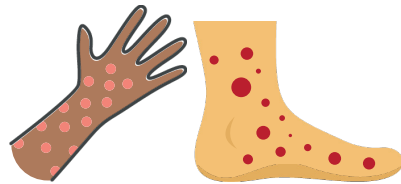
HFMD is spread through close contact with people who have it. HFMD is **not usually serious, but it is very contagious**. It spreads quickly at schools and daycare centers.

Signs and Symptoms

HFMD can cause a lot of **pain**! It's best to just avoid it altogether!



You can get painful sores in your mouth.



You can get a skin rash on your body which sometimes has blisters.

Prevention



Wash your hands especially before you touch your face.



Don't hug, kiss, share food/drinks, or touch people with HFMD.



Clean and disinfect anything someone with HFMD has touched.

Treatment

If you do get HFMD, you can treat your symptoms to help with the pain and itching. Most people get better in 7 to 10 days. Make sure to:

- Rest,
- Drink lots of water, and
- Avoid spreading it to others!

Contact a Doctor

Contact a doctor if you or a family member with HFMD:

- Are not getting better,
- Are not drinking enough water,
- Have a weak immune system, or
- Are under 6 months old.