

# HAND, FOOT, AND MOUTH DISEASE

## PARENT FACT SHEET

### PARENT/GUARDIAN

Your child may have been exposed to: Hand, Foot, and Mouth Disease

Hand, foot, and mouth disease is a viral infection that causes a blister-like rash.

If you think your child has hand, foot, and mouth disease:

- Tell your childcare provider or call the school.
- Keep your child home from childcare and school until fever is gone and child is healthy enough for routine activities. Sores or a rash may still be present.

### Symptoms

Your child may have a fever, rash, sores, and a vague feeling of illness.

The rash may appear as small pimply sores at first progressing to larger sores (some fluid-filled) that tend to scab over after a day or two. These sores may last 7 to 10 days. The sores do not usually itch but can be painful as they emerge and may appear on parts of the body other than the hands, feet, or mouth (e.g., groin, buttocks, torso, arms, and face) sores in the mouth and or throat may cause loss of appetite and or dehydration which may become a medical emergency. Ask a healthcare provider how to prevent dehydration.

If your child is infected, it may take 3 to 6 days for symptoms to start.

### Spread

- By coughing and sneezing.
- By touching hands, objects, or surfaces contaminated with stool.
- By touching fluid from the blisters.

### Contagious period

During the first week of illness. The virus may be in the stool for several weeks.

### Call your health care provider

If anyone in your home has symptoms.

### Prevention

- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with the secretions from the mouth or nose, stool, or fluid from the blisters. Wash hands before preparing food or eating. Your child may need help with handwashing.

- Clean and disinfect any objects that come in contact with stool or secretions from the nose or mouth. This includes toilets, potty chairs, sinks, toys, diaper changing areas, and surfaces. Use a product that kills germs.

**For more information, please contact your local health department.**

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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