

# Westfield Regional Health Department

## Hand, Foot, and Mouth Disease



**Hand, Foot, and Mouth Disease (HFMD) is a viral illness and more common in summer and early fall.**

Report all suspect outbreaks of Hand, Foot, and Mouth Disease to your Local Health Department.

### HFMD

#### Symptoms

Most children have mild symptoms for 7 to 10 days. Symptoms may include:

- **Fever**
- **Sore throat**
- **Lack of appetite**
- **Painful mouth sores that blister**
- **Rash commonly found on the hand and feet**



### HFMD

#### Transmission

Hand, Foot, and Mouth Disease can spread through contact with:

- **Droplets with virus particles made after a person sneezes, coughs, or talks**
- **Objects and surfaces that have virus particles**
- **Fluid from blisters**
- **Feces**

### When to Return

#### to School with HFMD

Because Hand, Foot, and Mouth Disease is normally mild, children can continue to go to childcare and school as long as they:

- **Have no fever.**
- **Feel well enough to participate in class.**
- **Have no uncontrolled drooling with mouth sores.**