

# 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.