



**Hand, Foot & Mouth Disease (Coxsackie virus)**

**What is Hand, Foot & Mouth Disease (HFM)?**

* Viral infection that causes mouth ulcers and blisters on the hands and feet
* Caused by Coxsackie A-16 virus
* Mild, harmless disease
* Quite contagious if/when fever is present
* Rash itself is not contagious
* Incubation period (time between infection and symptom development): 3-6 days
* Most common in children 6 months to 4 years of age
* Fever usually lasts 2-3 days
* Mouth ulcers may last up to 7 days
* Rash on hands and feet usually resolves within 10 days, rash may peel

**Symptoms**

* Fever prior to rash development
* Small, painful ulcers in the mouth (in all children)
* Small blisters or red spots on the palms, the soles, and in between fingers and toes (70%)
* Small blisters on the bum (30%)

**Primary Concern: Dehydration**

**→ → →** Because of the painful blisters in your child’s mouth, your child may not want to eat or drink which puts them at risk for dehydration **← ← ←**

* Symptoms of dehydration: decreased urine output, dry mouth/lips, decreased tear production

**How to treat at home:**

* Magic mouthwash:
	+ Equal parts liquid antacid (Maalox) and equal parts liquid antihistamine (Benadryl)
	+ For younger children, put ½ tsp in the front of the mouth 4 times daily before meals
	+ Children over 4 can use 1 tsp as mouthwash (swish and spit) before meals
* Push fluids!!
* Soft diet: milkshakes, popsicles, slushes, ice cream (avoid citrus, spicy or salty foods)
* Solid food intake is not important
* Give Tylenol or Motrin for fever > 102 °F or severe mouth pain

**When to call the office:**

* Ulcers in mouth only
* Rash is widespread (all over the body)
* Your child looks or acts very sick
* Any sign of dehydration
* Red, swollen or tender gums
* Ulcers present on outer lip
* Fever lasts > 3 days