

# Hand, Foot, and Mouth Disease (HFMD) Fact Sheet

## What it is and how it spreads

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

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

Children do not generally need to be kept at home unless they are running a fever or have excessive drooling.



## Prevention



Wash your hands, especially before you touch your face.



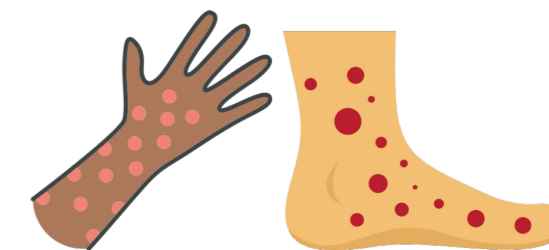
Don't hug, kiss, share food/drinks, or touch people who have it.



Clean and disinfect anything someone with HFMD has touched.



You can get painful sores in your mouth.



You can get a skin rash (commonly on hands and feet) which sometimes has blisters.

HFMD can also cause a fever and sore throat in some instances.

## When to see a doctor

If you do get HFMD, you can treat your symptoms to help with the pain and itching. You should get better in 7 to 10 days. Make sure to rest, drink lots of water, and avoid spreading it to others!



See a doctor if the person with HFMD:

- Isn't staying hydrated
- Has fever longer than 3 days
- Symptoms longer than 10 days
- Has a weak immune system
- Younger than 6 months old