Hand Foot and Mouth Disease (From the Center for Disease Control and Prevention)

To assist families to stay healthy, we share some information pertaining to Hand Foot and Mouth Disease, a viral infection that may be present in the Orland Park area. We encourage you to consult with your healthcare provider should you have questions about this illness.

The symptoms include fever, poor appetite and a sore throat. One to two days after the sore throat starts, sores can develop in the back of the mouth. Over the next few days a rash develops, usually located on the palms of the hands and the soles of the feet. All persons affected with the disease do not have all of the symptoms. **At times, especially in adults, there may be no symptoms with the disease, but a person can still be contagious.**

The virus is found in the infected person’s nose and throat secretions (saliva, sputum and nasal mucous), blister fluid and stool. It is spread by close personal contact, the air (coughing and sneezing), contact with stool and contaminated objects and surfaces.

Your child should stay home from school when sick with hand, foot and mouth disease. Talk with your healthcare provider if you are not sure when your child should return to school.

There is no vaccine to prevent against viruses that cause hand foot and mouth disease.

A person can lower the risk of getting the disease by:

1. **Washing hands often with soap and water**

2. Avoiding close contact such as kissing, hugging and sharing eating utensils or cups with people who have the infection.

3. Cleaning and disinfecting frequently touched surfaces and soiled items.

4. Wearing shoes at all times at school but especially in the shower or locker room.

For more information, link to: [http://www.cdc.gov/hand-foot-mouth/](http://www.cdc.gov/hand-foot-mouth/)