

HAND, FOOT AND MOUTH DISEASE

What is Hand, Foot and Mouth Disease?

- Painful sores on the palms, soles, mouth, hands, sometimes on the legs and buttocks
- Usually lasts for few days to one week

What cause Hand, Foot and Mouth Disease?

- Caused by enterovirus
- Virus in the gut system

Therefore spreads by droplets; coughing, sneezing, saliva, also through infected stools

Usually spreads in a close contact surroundings; nursery, kindergarten school

What are the Signs and Symptoms?



Photo from Google

- High grade fever
- Lethargy
- Painful blisters on the palms, soles
- Mouth ulcers
- Skin rash

What is the Treatment?

Symptomatic treatment

- Fever medication
- Gel / ointment /spray for mouth ulcers
- Plenty of fluids
- Cold drinks, ice cream can reduce the pain from the mouth ulcers

Stopping the Spread

- Inform the nursery / kindergarten / school, ideally they should close the premise for 2 weeks and to clean and the disinfect the premise
- Notify the health authority
- Wash hands frequently, use antiseptic wash