

## Parent Health Newsletter

### Hand, Foot and Mouth Disease

Dear Parent/Guardian,

As Hand, Foot and Mouth Disease is a common illness that can occur anytime but is most common in the summer and fall, please read the information below to know what to look for and do if you suspect that your child may have it.

#### *What is Hand, foot and Mouth Disease?*

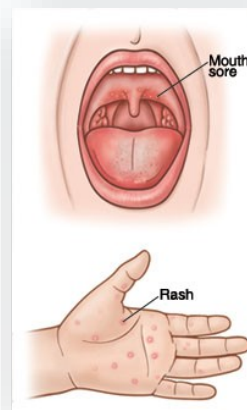
It is an illness that causes sores that may be painful, on or in the mouth and on the hands, feet, and sometimes the buttocks and legs. It usually doesn't last more than a week or so and is common in children but can also occur in adults. It is caused by a virus, which spreads easily through coughing and sneezing, and also through infected stool spread through poor hand hygiene especially amongst younger children

#### *What are the Symptoms to watch for?*

At first your child may feel tired, have a reduced appetite, get a sore throat, or have a fever. Then in a day or two, sores or blisters may appear. Sometimes, a skin rash may appear first.

In some cases there are no symptoms, or they are very mild. A doctor can tell if your child has it by the symptoms you describe and by looking at the sores and blisters. Tests usually aren't needed. Generally, a

person with hand, foot, and mouth disease is most contagious during the first week of illness



#### *How is it Treated?*

- Hand-foot-and-mouth disease usually doesn't need treatment. You can use home care to help relieve your child's symptoms, but for pain and fever relief, check with your doctor to prescribe what's best if required.
- Offer your child plenty of cool fluids to help with sores in their throat but don't give them acidic or spicy foods and drinks such as orange juice as this can aggravate any discomfort.



### Is it Contagious?

It is moderately contagious and children are most likely to spread the disease during the first week of the illness. But the virus can stay in the stool for several months and may spread to others. To help prevent the disease from spreading everyone should always try to maintain good hygiene (e.g. handwashing) in order to minimize their chance of spreading or getting infections. Teach family and community members to wash hands their hands frequently especially after contact with a blister as the virus can remain on surfaces for long periods.

Clean and disinfect frequently touched surfaces and soiled items, including toys.



### Should I seek Medical Care?



There is no specific treatment for Hand, Foot and Mouth Disease but see your doctor if you are concerned about the symptoms.

### Can my child go to school during an Infection?

Children are usually too poorly to go to school in the first few days, and once symptoms such as sores develop, it is best to keep them home and comfortable. Please note though that even when all symptoms have subsided, it may be weeks before the child is completely virus free. Good hygiene awareness and practice is key to reducing the spread to others.

For more information about Hand, Foot and Mouth Disease, visit the Center for Disease Control Site <https://www.cdc.gov/hand-foot-mouth/about/index.html>

To make an appointment to see a United Family Hospital Family Doctor please contact  
Appointment booking 24小时预约电话: 4008919191 | **BJU Emergency 急诊: +86 (10) 5927 7120**  
United Family Healthcare 和睦家医疗 | [www.ufh.com.cn](http://www.ufh.com.cn)

Excerpts taken from the cdc website; for more information please visit <https://www.cdc.gov/>

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