

## **Hand, Foot and Mouth Disease**

(Coxsackievirus)

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### **What is it?**

- An infection caused by the virus called coxsackie.
- Virus is found in nose and throat discharges and stool of an infected person.

### **What are the symptoms?**

- Fever
- Headache
- Sore Throat
- Loss of appetite
- Lack of energy
- Small, painful blister-like sores found in mouth, on fingers, palms of hands and soles of feet
- Occasionally found on buttocks
- May last 7-10 days

### **How quickly do symptoms develop?**

- Within 3-5 days after coming in contact with an infected person.

### **How is it spread?**

- By direct contact with nose and throat discharges, fluid from blisters and stool of infected people.
- By indirect contact with contaminated toys, objects or surfaces
- From coughs and sneezes of an infected person

### **How long is it contagious?**

- During the acute stage of illness and perhaps longer, since the virus stays in the stool for several weeks.
- Child may return to school/daycare when the fever is gone and feeling well enough to participate

### **How is it treated?**

- No specific treatment.

### **What can you do?**

- Wash hands – especially after using toilet, changing diapers and before eating.
- Discard soiled tissues and diapers promptly.
- Do not share facecloths, towels, eating utensils or drinking glasses.
- Control sharing of toys and/or use washable or disposable toys

### **Whom should I talk to if I have any questions?**

Communicable Disease Control, Algoma Public Health at (705) 942-4646,

[www.algomapublichealth.com](http://www.algomapublichealth.com), or your health care provider.