



Hand, Foot and Mouth Disease

(Coxsackievirus)

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. Those with open mouth sores or oozing blisters should not attend.

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?

Infectious Diseases, Algoma Public Health at (705) 942-4646, www.algomapublichealth.com, or your health care provider.