
Hand-Foot-and-Mouth Disease (Coxsackie virus)

Description: This is a mild disease caused by the coxsackie virus that occurs most frequently in young children. Infections are most common in summer and fall.

Symptoms: Symptoms may include fever, sore throat, a sore mouth (may look like “cankersores”) and painful blisters that occurs on the hands, feet and sometimes the buttocks. The blisters usually disappear in a week.

How it is Spread: The disease may be spread by respiratory secretions either by direct contact with secretions or indirectly by touching items soiled with discharge from the infected person.

Incubation: Usually 3-6 days.

How Long Can a Person Pass the Infection to Others? A person may be infectious for several weeks after the infection occurs, but is most infectious for seven days after developing symptoms.

Responsibility of Parents and Caregivers:

It is not necessary to exclude a child unless he/she has blisters in the mouth and drools or has weeping lesions on hands or doesn't feel well enough to participate in daily activities.

Control Measures:

- Wash hands and use sanitation procedures.
- Encourage good personal hygiene and fluid intake.

Treatment: No specific treatment. The disease usually goes away on its own.

Comments: The coxsackie virus is rapidly killed by heat, ultraviolet light and bleach.