

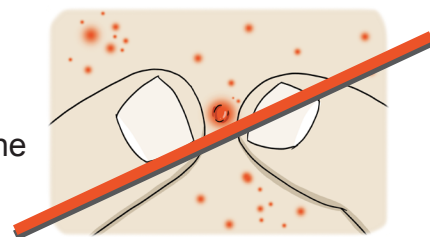


Hand, Foot and Mouth Disease

Hand, Foot and Mouth Disease (HFMD) is a viral infection that children under 10yrs old can get. It's easily spread by coughing, sneezing or contact with ooze from blisters. The virus can also be in poo so washing hands is really important.

Bub must **stay home from school**, playgroup, kindy or child care until the blisters are dried out.

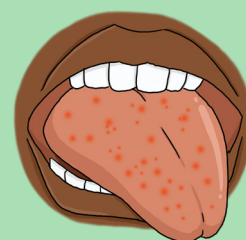
HFMD is not the same as animal foot and mouth disease.



Signs of HFMD

Small blisters on the inside of the mouth, the sides of the tongue, palms of the hands, fingers, soles of feet and nappy area.

The blisters should not be itchy.



Sleepy or no energy



Not eating much



Sore throat



Fever



- Symptoms usually start 3 - 7 days after getting the infection.
- Symptoms can last for up to 7 - 10 days.
- Going to hospital is not often needed.
- There is no treatment, antibiotics don't work on viruses. Bubs own immune system will get rid of the virus.

When to see your GP or health clinic:

- if bub has a headache or stiff neck
- if they are not getting better
- can't drink enough water or not having many wet nappies.

How to help bub:

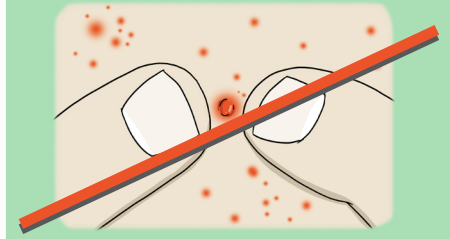


PHARMACY

Eating and drinking can be painful because of the mouth blisters, yarn to your GP, health clinic or pharmacist about medication to help with the mouth blisters



Give bub lots of sips of water or breastmilk/ formula milk, so they don't get dehydrated



Do not pop the blisters – leave them to dry on their own

Stopping the spread



Always wash your hands after touching bub with HFMD



Do not share things like cups, knives, forks, spoons, toothbrushes, toys or towels



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Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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