

Hand, Foot & Mouth Disease

This disease is caused by [a coxsackievirus]. Symptoms include severe sore throat, fever, nausea with or without vomiting, excessive tiredness, and blister-type sores in the mouth which may also appear on the hands and feet. The virus is primarily spread through direct contact with feces, mucus, and saliva. The virus has also been found in the fluid of the skin blisters.

Transmissions of this disease can be minimized by taking the following precautions: practice good hand washing with soap and water throughout the day, especially before and after meals and using the bathroom; disinfect frequently touched surfaces such as toys and doorknobs; do not share any items such as water bottles with anyone; stay away from those who are sick until their fever is gone.