

Hand, Foot, and Mouth Disease

This is a self-limited, viral illness caused by Coxsackie A-16 virus, a type of enterovirus. Symptoms include:

- Fever, usually between 100-102 F
- Small ulcers in the mouth
- Red spots or blisters on the arms, legs, palms, and soles. Spots can also be on the buttocks.
- Mouth pain that ranges from mild to severe
- Rash is sometimes painful or itchy
- Occasionally kids have diarrhea and vomiting

Expected Course:

- Fever lasts about 3-4 days
- Oral ulcers usually last 7 days
- Rash can last up to 10 days

Contagiousness:

- This illness is very contagious and it is highly likely that other playmates will exhibit signs of the virus
- Stay home until temperature is below 100.4 for 24 hours and no new areas of rash
- It is okay to return to class or daycare if the rash is still visible

Home Care:

- Diet should include bland, soft foods if there are oral ulcers. Avoid spicy, crunchy, or very chewy foods.
- Water, pedialyte, or popsicles are good options for hydration.

Warning Signs

Fever more than 4 days

Persistent, worsening vomiting

Decreased wet diapers

Weakness in arms or legs

Inability to walk

If your child exhibits any of these warning signs, call our office immediately.

Medications

Tylenol every 6 hours

Motrin every 6 hours if older than 6 months of age

½ tsp (2.5ml) Maalox + ½ tsp (2.5ml) Benadryl four times per day swish and spit for mouth pain if your child weighs more than 15 lbs.