

# Hand Foot and Mouth

Single  
Point  
Lesson

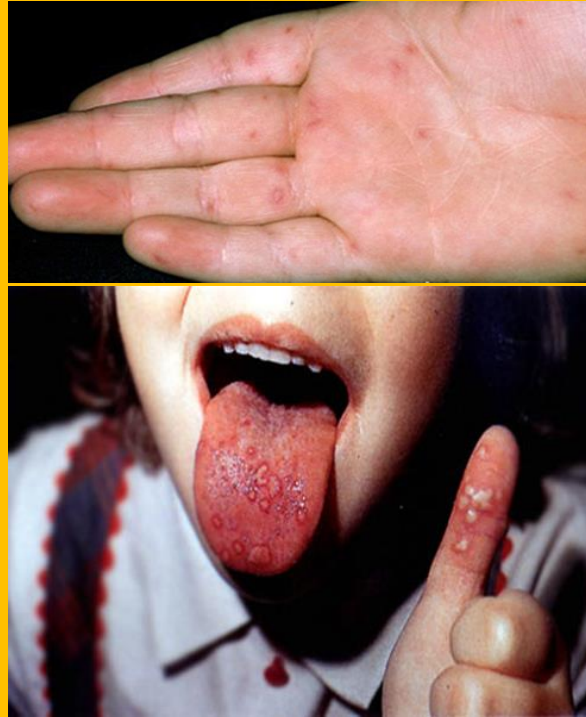
Hand, foot and mouth is a common mild viral illness. It is usually caused by Coxsackie A virus but can be caused by enterovirus 71 or Coxsackie B. It's common in children, but rare in healthy adults. Most adults are immune to the virus because they had contact with it as a child.

## Transmission, Incubation period ,infectivity and treatment

Hand, foot and mouth is easily spread by direct contact with faeces, blisters and respiratory droplets.

Incubation period is 3 – 5 days. Child/adult are infectious during the acute illness and while the virus persist in the faeces.

There is no specific treatment for hand, foot and mouth



## Symptoms of Hand Foot and Mouth.

Early symptoms are sore throat and a high temperature.

This is followed by sores or blisters on the mouth, hands and feet.

The rash is made up of small raised spots. These spots will then turn into blisters.

Children may feel unwell with loss of appetite and may have abdominal pain.

## Infection Control advice for Schools/Nurseries.

Children are most infectious just before their symptoms start. Children should stay off nursery until they are well enough.

Encourage children to wash hands with soap and water frequently. Encourage children to use tissues when they cough and sneeze.

Disinfect any surfaces or objects that could be contaminated.

Please contact the Infection Control Nurses for any additional advice/support: 01744 457314

Get advice from your GP if you are pregnant and you become infected within a few weeks of your due date. Infection in pregnancy is usually nothing to worry about