



# South Central Public Health District

Prevent. Promote. Protect.

*Twin Falls 737-5900 \* Burley 678-8221 \* Gooding 934-4477 \* Bellevue 788-4335 \* Jerome 324-8838 \* Rupert 436-7185*

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## **HAND, FOOT, AND MOUTH DISEASE (Coxsackie Virus Infection)**

### **What is Hand, Foot and Mouth disease?**

A viral infection that attacks the hands, feet, mouth, and throat.

### **What are the symptoms?**

Symptoms usually begin with a sore throat and fever. Small sores or blisters appear on the inside of the mouth, throat, tongue, hands, feet, and buttocks. Symptoms may last 7-10 days.

### **How is it spread?**

Direct contact with secretions from the nose, mouth, and throat. Spread may also occur from contact with the bowel movements from an infected person.

### **How long after being infected does a person become sick?**

Symptoms usually occur within 3-5 days after contact with a person who is ill.

### **How long is a person contagious with this disease?**

The person is contagious during the time when fever and sore throat are present. Virus may be present in the bowel movements for several weeks.

### **How can the spread of this infection be prevented?**

Wash hands after changing diapers or helping children in the bathroom. Remember to help children wash their hands. Wash or discard items that have come in contact with secretions from the nose or mouth.

### **How is this infection treated?**

No treatment is necessary.

### **When can a person with this disease return to work, school or child care?**

Children in day care should be excluded until mouth sores are no longer present.

**For more information, please contact your local Health District office.**