

Hand Foot and Mouth Disease (HFMD)

West Moreton Public Health Unit has been advised of a case of hand foot and mouth disease at your school/child care centre.

What is HFMD?

- a mild illness
- easily spread in schools and child care settings
- not related to foot and mouth disease in animals
- can (rarely) lead to a more serious illness

Signs and symptoms

- painful tiny blisters or ulcers in or on the:
 - mouth,
 - tongue,
 - palms of hands, fingers,
 - soles of feet,
 - legs,
 - nappy area.
- fever
- feeling unwell
- painful eating and drinking
- blisters can be sore, itchy and last up to 10 days
- can be peeling of the hands and feet up to 3 weeks after infection



How is HFMD spread?

- Contact with fluid from the blisters
- contact with saliva, drool, nasal mucus, faeces (poo)
- contaminated surfaces



Treatment

- No specific treatment is needed for HFMD.
- Manage fever and discomfort with paracetamol or Ibuprofen.
 - Make sure children get enough fluids - cold and soft food might be easier to swallow.



STAY HOME

Children with symptoms of hand foot and mouth disease should stay at home until feeling well and all the blisters have dried up.



REPORT

Let the child care centre or school know your child may be infectious with hand foot and mouth disease

Prevention

- WASH HANDS well and often using soap especially,
- before eating or handling food
 - after using the toilet
 - changing nappies, soiled clothes
 - contact with infected skin



COVER COUGHS and SNEEZES,

- teach children how to cough/sneeze into their elbow or use a tissue and wash hands afterwards



CLEAN and DISINFECT,

- frequently touched surfaces
- soiled items including toys
- avoid sharing cups, eating utensils and personal hygiene items (towels, toothbrushes, wash cloths) or clothing (shoes and socks)

See a doctor if

- you are worried
- your child is not eating or drinking
- has a severe headache
- has persistent fevers

For more information see the QH fact sheet at:
[Hand Foot and Mouth Disease \(health.qld.gov.au\)](https://health.qld.gov.au)

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13HEALTH (13 43 25 84) 24hrs / 7 days