



# Hand, Foot, and Mouth Disease

## Additional Information:

Hand, Foot, and Mouth disease is seen most often in the summer and early fall.

Asymptomatic people can spread the virus to others.

Hand, Foot and Mouth Disease is a viral illness.

Symptoms may include:

- Fever
- Reduced appetite
- Sore throat
- Sores or blisters on mouth, palms and soles 1-2 days after fever

Incubation Period	Usually 3 - 6 days
Contagious Period	Days to weeks after infection

## Recommended Actions

Exclude while fever is present.

### Cases:

Exclude until fever-free and the individual feels well enough to return. Consider exclusion for very young children with mouth sores and uncontrolled drooling.

### Contacts:

None

\*If you have questions please call public health for assistance and recommendations.\*

## Transmission

Transmission may occur by contact with secretions from the nose, mouth, and throat, stool-to-mouth (fecal-oral) spread by way of unwashed hands, or foods contaminated by unwashed hands.

## Prevention

Proper [hand-washing](#) with soap and water.

[Cleaning and disinfecting](#) surfaces, soiled items (including toys).

## Resources

- [ADHS Hand, Foot, and Mouth Disease \(HFMD\) Fact Sheet](#)
- [CDC Hand, Foot, and Mouth Disease \(HFMD\)](#)