

What is it?

Hand, foot, and mouth disease is a virus which may cause a fever, blisters, and/or sores on the hands, feet, buttocks, genitals, and/or in the mouth. It is spread from coming into contact with an infected person's saliva, stool, or fluid from the blisters.

What are the symptoms?

Hand, foot, and mouth disease usually starts with a fever, poor appetite, a general feeling of being unwell (malaise), and sore throat. One or two days after fever starts, painful sores usually develop in the mouth and a skin rash might appear. Symptoms may appear 3-6 days after getting infected and will go away after 7-10 days even without treatment.

Self-Care

- ✓ To minimize pain or lower fever, take acetaminophen or ibuprofen
- ✓ Do not pick or press on any blisters
- ✓ Keep blisters dry
- ✓ To relieve sores in mouth or throat, suck on ice chips or popsicles
- ✓ Drink lots of cool water and fluids to stay hydrated
- ✓ Wear socks to protect feet
- ✓ Understand that infected persons are most contagious during the first week of illness, and the virus can remain in the body for weeks after symptoms have gone away even though they appear well.

When to Call the Student Health Center (434) 924-5362

- ✓ A fever of 100.4 F or higher for greater than 3 days
- ✓ Trouble managing pain with over the counter medications and other self-care measures
- ✓ Concern that a blister has become infected. Symptoms may include swelling, redness, warmth around the site, and/or smelly yellow, green, or bloody discharge
- ✓ Trouble eating or drinking

Prevention

- ✓ Do NOT share drinking glasses, smoking materials, eating utensils, or drink from a common source such as a punchbowl.
- ✓ Practice meticulous hand hygiene by frequently washing hands for at least 20 seconds and using hand sanitizer often.
- ✓ Cough and sneeze into a sleeve or tissue.

For more information visit the [Centers for Disease Control and Prevention](https://www.cdc.gov/).