**Hand, Foot, and Mouth Disease**

Fact Sheet

Hand, foot, and mouth disease (HFMD) is caused by a group of viruses, called enteroviruses.

HFMD occurs mainly in infants and children under 5 years old, but it can also occur in adults.

# Common Signs and Symptoms

Sores in the Mouth

Poor Appetite

Fever

Feeling Tired

Skin Rash

Sore Throat

HFMD usually starts with a fever, reduced appetite, and a sore throat. One or two days after the fever starts, painful blister-like sores develop in the mouth. A skin rash on the palms of the hands and soles of the feet may also develop as flat, red spots, sometimes with blisters. It may also appear on the knees, elbows, buttocks, or genital area. Most patients recover in 7 to 10 days without medical treatment.

Talk to your doctor if you think you have HFMD. There is no specific treatment, but symptoms can be treated with over-the-counter drugs.

# Spread of Hand, Foot, and Mouth Disease

The viruses that cause HFMD can be found in an infected person’s:

Nose Secretions

Throat Secretions

Blister Fluid Stool

# Prevention

**Wash your hands** with soap and water, especially after:

* Changing a diaper
* Using tissues
* Feeding children

**Clean and disinfect frequently touched surfaces**, including:

* Doorknobs
* Toys
* Counters

**Avoid close contact.** Do not:

* Touch open blisters
* Hug or kiss a person with HFMD
* Share utensils

People with HFMD should cover their mouth and nose when sneezing or coughing.

# For More Information:

Visit: [www.cdc.gov/hand-foot-mouth](http://www.cdc.gov/hand-foot-mouth)

You can also call Maine CDC at 1-800-821-5821.

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