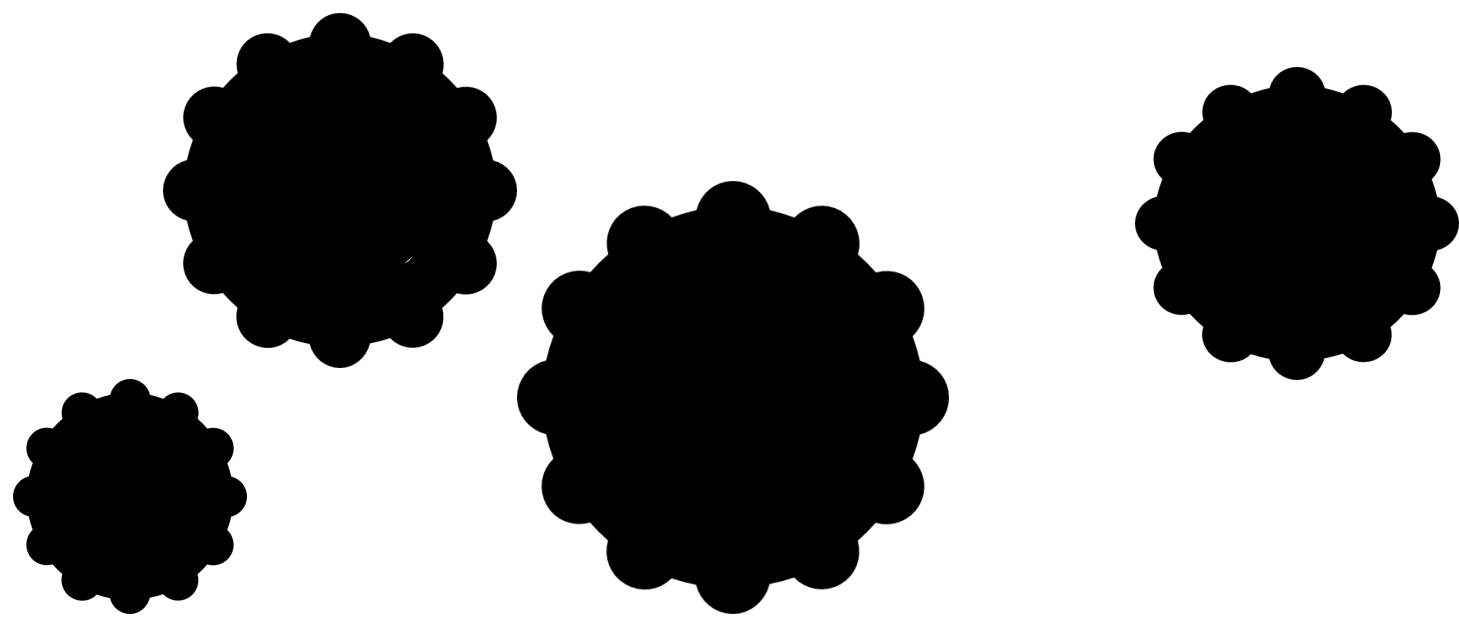
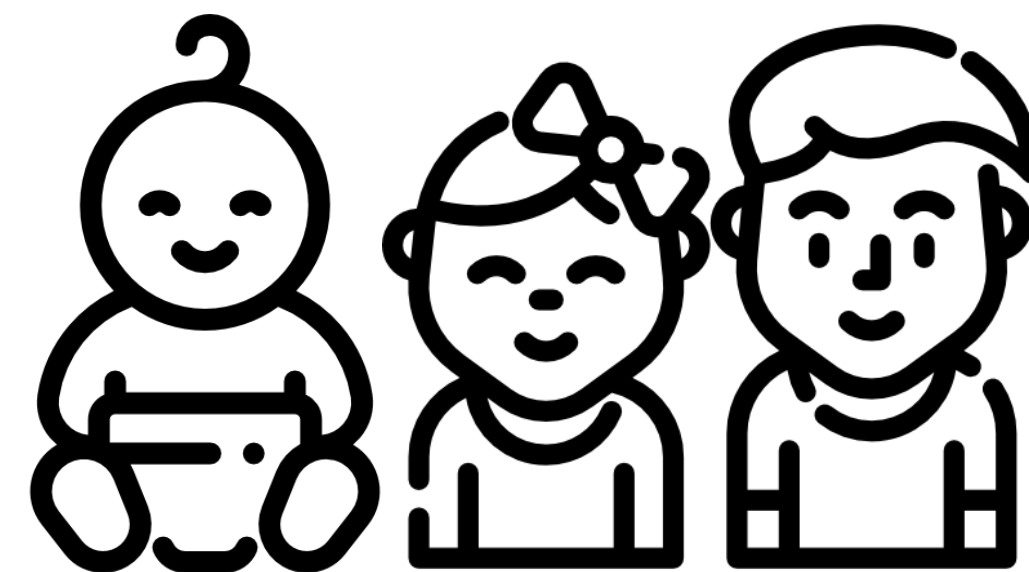


# Hand, Foot, and Mouth Disease

Fact Sheet

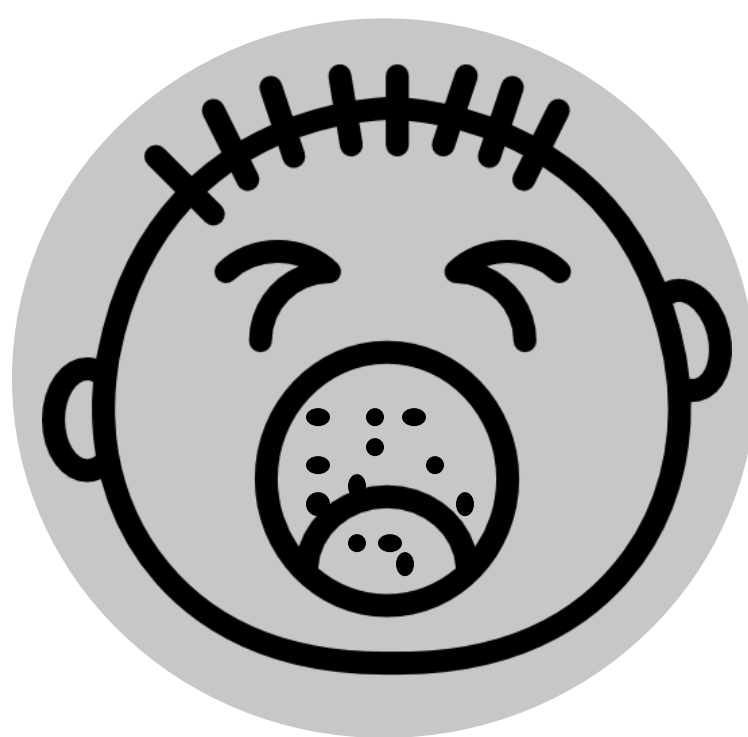


Hand, foot, and mouth disease (HFMD) is caused by a group of viruses, called enteroviruses.



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



Fever



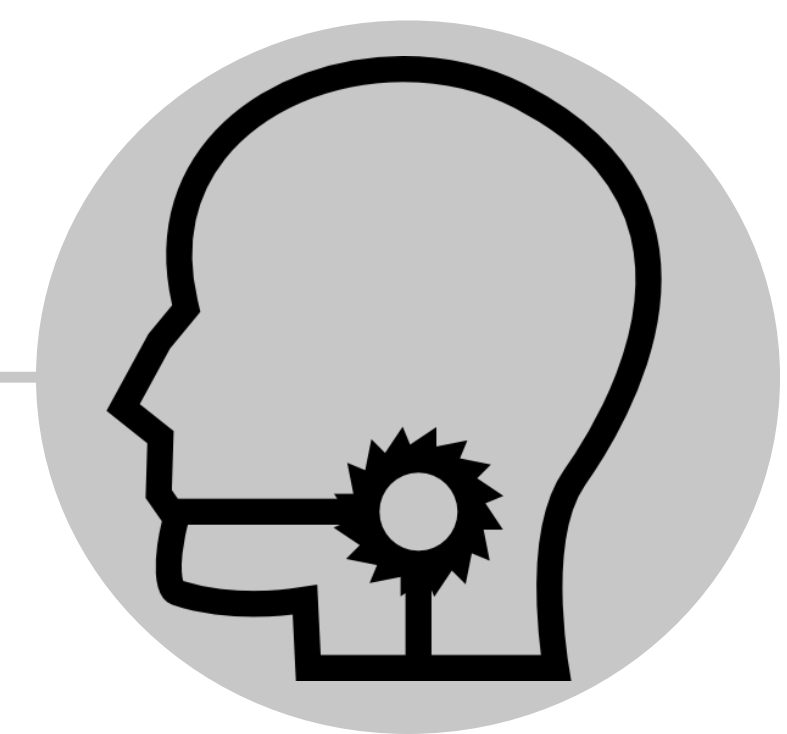
Skin Rash



Poor Appetite

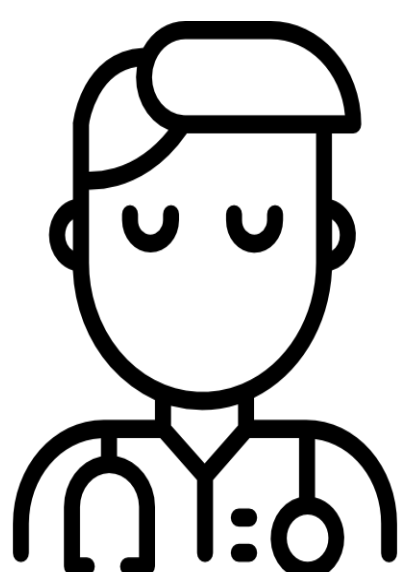


Feeling Tired



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.



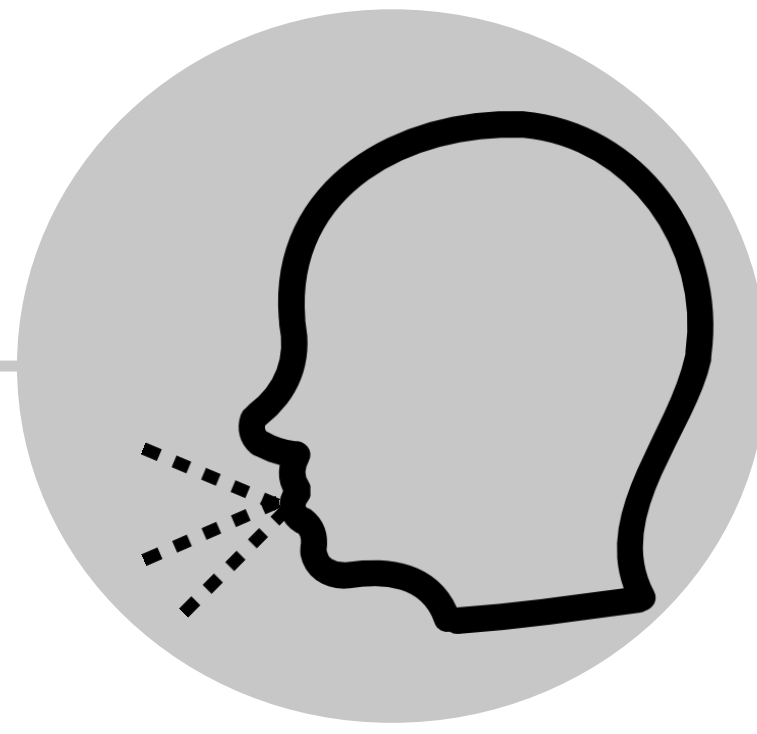
Talk to your doctor if you think you have HFMD. There is no specific treatment, but symptoms can be treated with over-the-counter drugs.

# Spread of Hand, Foot, and Mouth Disease

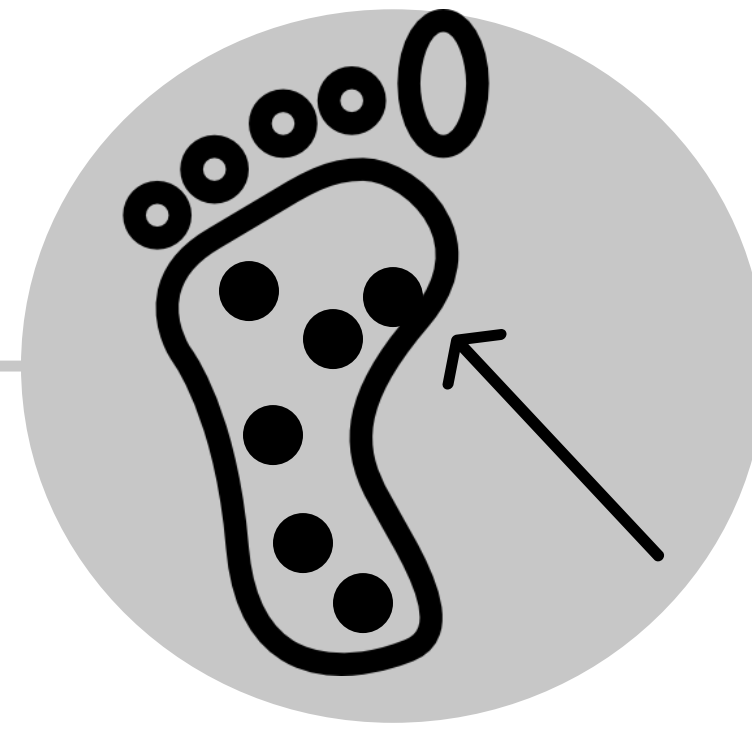
The viruses that cause HFMD can be found in an infected person's:



Nose  
Secretions



Throat  
Secretions



Blister Fluid



Stool

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## Prevention



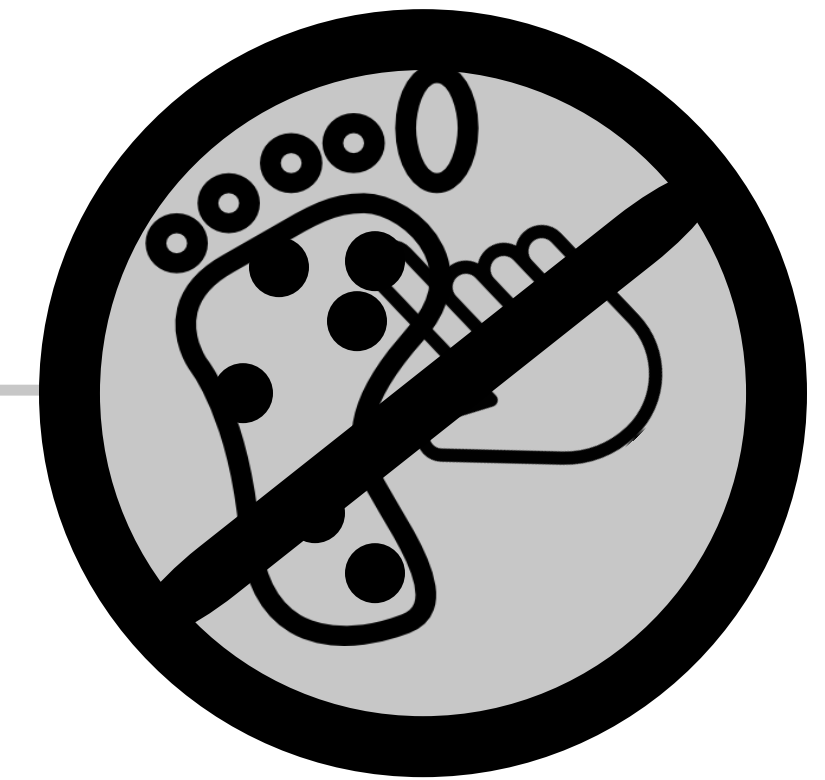
**Wash your hands**  
with soap and water,  
especially after:

- Changing a diaper
- Using tissues
- Feeding children



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

- Doorknobs
- Toys
- Counters



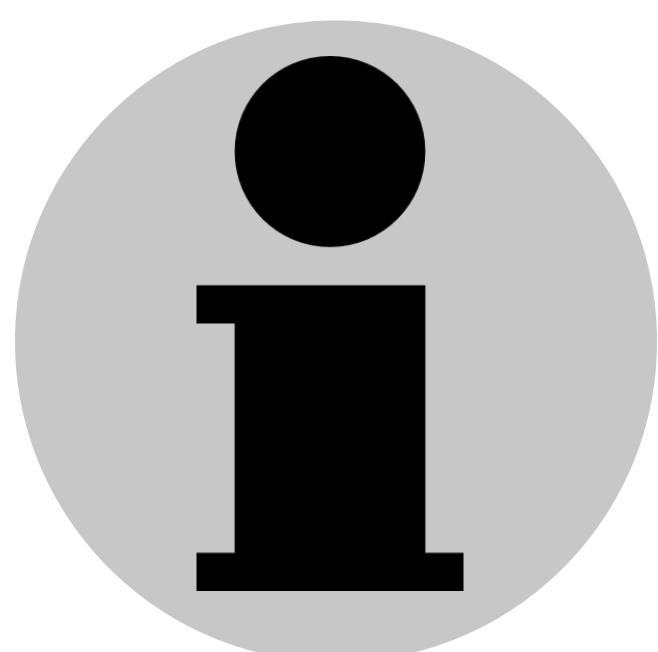
**Avoid close contact.**  
Do not:

- 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.

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## 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.