

**Your child may have been exposed to:**

# Hand, Foot and Mouth Disease

## Quick Help

### If you think your child has Hand, Foot and Mouth Disease

Tell your childcare provider or call the school.

### Need to stay home?

**Yes**, until the child has been treated and is healthy enough for activities.

### Prevention

- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after using the toilet, changing diapers and before preparing or eating food. Your child may need assistance with washing their hands.
- Clean and disinfect any objects that come in contact with secretions from the nose or mouth. Use products that kill germs.

**Hand, foot and mouth disease is a viral infection that causes a blister-like rash.**

### Symptoms

- Tiny blisters in the mouth and on the fingers, palms of the hands, buttocks and soles of feet that last a little longer than a week (one, few or all of these may be present)
- May see common cold signs or symptoms with fever, sore throat, runny nose and cough. The most troublesome finding is blisters in the mouth, which make it difficult for the child to eat or drink.
- Other signs or symptoms such as vomiting and diarrhea can occur but are less frequent.

### Spread

- By sneezing or coughing
- By touching contaminated hands, surfaces or objects.

### Contagious Period

Virus may be shed for weeks to months in the stool after the infection starts; respiratory shedding of the virus is usually limited to 1 to 3 weeks.

### Call your Healthcare Provider

- If anyone in the home has symptoms

For more information, please visit or call:  
Oldham County Health Department  
1786 Commerce Parkway, LaGrange KY 40031  
502-222-3516 ext. 136  
[www.oldhamcountyhealthdepartment.org](http://www.oldhamcountyhealthdepartment.org)

