



# HAND, FOOT & MOUTH DISEASE

## COMMON CHILDHOOD AILMENTS

### SYMPTOMS

Children may have a sore throat, a high temperature and may not want to eat anything. They may also then get mouth ulcers and a raised wspots on their hands and feet. The spots can look quite red and may turn turn into blisters.



### INCUBATION

Hand, foot and mouth disease can be easily spread by coughing, sneezing and touching bodily fluids. You are more contagious after symptoms have started for about 5 days. It is recommended to stay away from nursery and school during this period.

### TREATMENT

Drink plenty of fluids to prevent dehydration and to soothe a sore through.

Eat soft foods as the mouth might be sore.  
Take paracetamol or ibuprofen to ease the pain of a sore throat and high temperature.



### TOP TIPS

Wash hands regularly with soap and water often.  
Use tissues if sneezing - dispose of starlight away.  
Do not share towels, cups and cutlery etc whilst infectious.

### FURTHER SUPPORT



Go to [111.nhs.uk](https://111.nhs.uk)



Call 111



Remember, if in doubt, call 111