



# 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 get mouth ulcers and raised spots on their hands and feet. The spots can look quite red and may 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 throat.

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.  
Use tissues if sneezing - dispose of straight away.  
Do not share towels, cups and cutlery etc, whilst infectious.

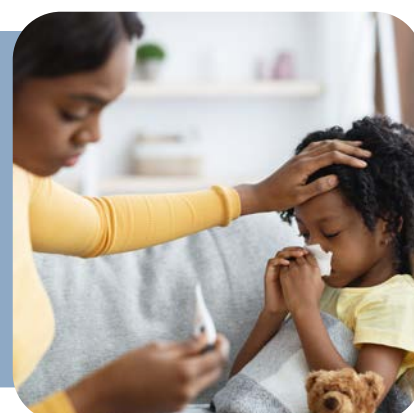
### FURTHER SUPPORT



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



Call 111



Remember, if in doubt, call 111