



# Hand, foot, and mouth disease

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

## If you think your child has hand, foot, and mouth disease:

- Tell your childcare provider or call the school.
- Keep your child home from childcare and school until fever is gone (without the use of a fever reducing medicine) and child is healthy enough for routine activities. Sores or a rash may still be present.
- **Do not give aspirin or salicylate-containing medicine to anyone under 18 years of age.**
- For more information, call HSPHD-Epidemiology at 612-543-5230 or your local health department.

## Parent/Guardian information

### Symptoms

Blister-like rash that occurs on the hands, feet and in the mouth. It may be on the sides of the tongue, inside the cheeks, and on the gums. It may also be found on the palms and fingers of the hand, on the bottom of the feet, or on the buttocks. These sores may last 7 to 10 days.

Your child may also have a runny nose, low-grade fever, and sometimes a sore throat.

If your child is infected, it may take 3 to 6 days for symptoms to start.

### Spread

- By coughing and sneezing.
- By touching hands, objects, or surfaces contaminated with stool.
- By touching fluid from the blisters.

### Contagious period

Most contagious during the first week of illness but can continue to spread the illness for several weeks after symptoms.

### Call your health care provider

- If anyone in your home has symptoms.
- If symptoms are severe.

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## Prevention

- Cover nose and mouth when sneezing or coughing by using a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands often after touching anything that could be contaminated with the secretions from the mouth or nose, stool, or fluid from the blisters. Wash hands before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect any objects that come in contact with stool or secretions from the nose or mouth. This includes toilets, potty chairs, sinks, toys, diaper changing areas, and surfaces.

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