

Hand, Foot and Mouth

Hand-foot-and-mouth disease is an illness that causes sores in or on the mouth, on the hands, feet, and sometimes the buttocks and legs.

Caused by a virus called enterovirus.

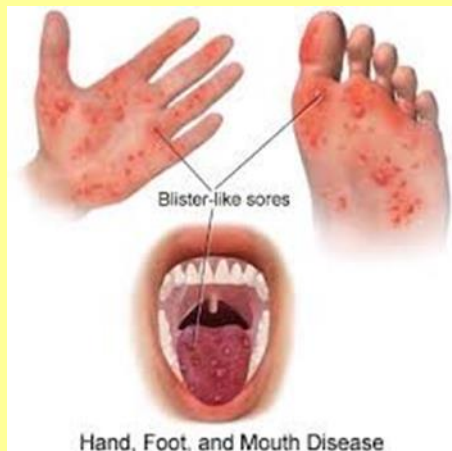
Infected people pass the virus to each other through contaminated food, water, or objects and can also spread through coughing and sneezing.

The incubation period is 3-6 days.

Symptoms:

Tired, sore throat and fever.

A day or two later, sores or blisters may appear in or on the mouth, the hands, feet and sometimes the buttocks.



Treatment:

For pain or fever Paracetamol or Ibuprofen can be given.

Stay away from spicy or acidic food and drinks.

Plenty of cool fluids to help with a sore throat. Cold foods such as flavored ice pops and ice cream also may help.

Inform your Doctor if any pregnant women are in the household.