

HAND FOOT AND MOUTH DISEASE

Defination of Hand, Foot and Mouth Disease:--

The illness gets its name from the blister-like rash that usually forms on the hands, feet, and mouth.

The illness is a mild infectious childhood illness caused by a number of different viruses, usually a strain of the Coxsackie virus.

Yes it is contagious !!!

Generally, a person with hand, foot, and mouth disease is most contagious during the first week of illness. People can sometimes be contagious for days or weeks after symptoms go away. Some people, especially adults, may become infected and not develop any symptoms, but they can still spread the virus to others.

child can catch hand-foot-and-mouth through contact with someone who has it, or from something that's been in contact with the virus, like a toy, tabletop, or doorknob. It tends to spread easily in the summer and fall.

“Like most viruses, it’s fairly contagious. So in a daycare or school setting it can spread very quickly. It can spread quickly among family members too if they haven’t had it, and will often spread among the entire family.

Symptoms includes:-

Fever.

Sore throat.

Feeling of being unwell (malaise)

Painful, red, blister-like lesions on the tongue, gums and inside of the cheeks.

A red rash, without itching but sometimes with blistering, on the palms, soles and sometimes the buttocks.

Irritability in infants and toddlers.

Loss of appetite.

Anyone **can get** the **disease**, but **children** under age 10 are most likely to catch it.

Treatment:

Hand-foot-and-mouth disease should go away on its own after 7 to 10 days. There is no treatment for the illness and no vaccine. You can ease your child’s symptoms with

- Cold treats like Popsicles, yogurt, or smoothies soothe a sore throat.

- Anti-itch lotion, like calamine, can help against rashes,

In few cases pain-reliever & mouth numbing sprays also prescribed by a physician.

Preventive measures....

Stop the Spread :

Your child is most contagious in the first 7 days. But the virus can stay in her body for days or weeks after symptoms go away and it could spread through her spit or poop.

Your child should be fever- and symptom-free before she goes back to school or daycare. Check with your doctor if you aren't sure whether she's still contagious. Ask her school or daycare about their policy on when a child can return after illness.

3 Simple Ways to Prevent Hand, Foot, and Mouth Disease

While there's no cure for hand, foot, and mouth disease, there are some healthy hygiene practices your family can follow to help prevent it.

Wash your hands. Wash often and carefully, especially after using the bathroom, preparing food or drinks.

Clean and disinfect frequently touched surfaces. Wash surfaces with hot, soapy water, apply a solution made by adding 2 tablespoons of bleach to 4 cups of water, then rinse and dry.

Avoid close contact with infected people. Avoid hugging, kissing, or sharing cups or utensils.

Hand foot and Mouth Disease



CLOSE WATCH

Coxsackievirus and enterovirus are the major causative agents of HFMD in India

EARLY SIGNS

- Hand, foot and mouth disease usually starts with a fever, poor appetite, a vague feeling of being unwell and sore throat
- One or two days after fever starts, painful sores usually develop at the back of the mouth. They begin as small red spots and often become ulcers
- A skin rash develops over one or two days, which has flat or raised red spots, sometimes with blisters, usually on the palms and soles of the feet. It may also appear on the knees, elbows, buttocks or genitals



HOW TEACHERS CAN HELP

- They can look out for children with fever, rashes or blisters on their palms and soles to ensure that the infected child stays away from school for at least 10 days after the onset of the symptoms



10 DAYS TO CURE

THE DISEASE IS SELF-LIMITING AND HEALS IN

7-10 DAYS



- It spreads through skin-to-skin contact among children. The treatment is mainly symptomatic, given just to relieve the pain

A PERSON WITH A HAND, FOOT AND MOUTH DISEASE IS MOST CONTAGIOUS DURING THE FIRST WEEK OF ILLNESS

PERSONS INFECTED WITH THE VIRUSES THAT CAUSE HAND, FOOT AND MOUTH DISEASE MAY NOT GET ALL THE SYMPTOMS OF THE DISEASE



THE VIRUS

- In 2013, scientists at the city-based National Institute of Virology had confirmed the presence of enterovirus



- The infection caused by this virus is usually mild. Hence, there is no need to panic



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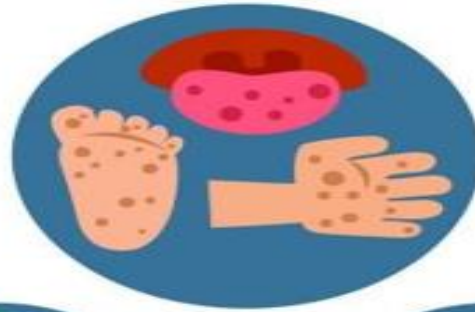
Hand, foot and mouth disease is transmitted through:

Saliva
Nasal mucus
Blister fluid
Feces (poop)
Close contact, like hugging
Touching surfaces that are contaminated

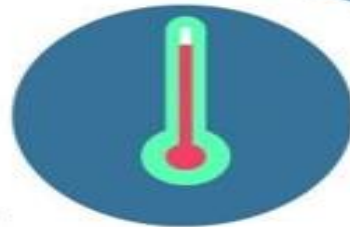


DO
Wash hands often with soap and water

SYMPTOM



RASH



FEVER



VOMIT



Take over-the-counter medications for fever.



SORT OUT
Avoid close contact with others and clean and disinfect often.