Your child may have been exposed to:

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.
- **Need to stay home?**

  Childcare and School:

  Yes, until fever is gone and child is healthy enough for routine activities. Sores or a rash may still be present.

Symptoms

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

A blister-like rash occurs in the mouth. It may be on the sides of the tongue, inside the cheeks, and on the gums. These sores may last 7 to 10 days. This rash may occur on the palms and fingers of the hands and on the bottom of the feet.

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

Spread

- By coughing and sneezing.
- By touching contaminated hands, surfaces, and objects.

Contagious Period

During the first week of illness. The virus may be in the feces for several weeks.

Call your Healthcare Provider

- If anyone in your home has symptoms.

Prevention

- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with feces or secretions from the nose or mouth and before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect any objects that come in contact with feces or secretions from the nose or mouth. This includes toilets (potty chairs), sinks, mouthed toys, and diaper changing areas. Use a product that kills viruses.

For more information, call Missouri Department of Health and Senior Services (MDHSS) at 573-751-6113 or 866-628-9891 (8-5 Monday thru Friday) or call your local health department.