

## What is the Treatment ?



- Take the child to health center if you suspect HFMD
- Treatment is commonly given for fever and mouth sores
- HFMD usually gets better within a week during that time the affected child should remain at home
- There is **no vaccine** to prevent HFMD

## For more information about Hand Foot and Mouth Disease

Contact your Local Health Department at;  
St. Ann: 972-2227/972-2215  
St. Mary: 994-9979  
Portland: 993-3878  
or the  
North East Regional Health Authority at  
795-3107, 795-0102, 974-4114,  
974-7758  
Website: [www.nerha.gov.jm](http://www.nerha.gov.jm)



Ministry of Health  
NORTH-EAST REGIONAL HEALTH  
AUTHORITY

## FACTS ABOUT HAND FOOT AND MOUTH DISEASE (HFMD)

Hand



Foot



Mouth



## What is HFMD ?

Hand-foot-and-mouth disease (HFMD) is a common illness of infants and children caused by a virus (Coxsackie virus).

### What are the symptoms?

- Sores inside the mouth, on the palm of the hands and bottom of feet

Fever for more than 2-3 days

- Poor appetite
- Trouble feeding
- Vomiting
- Diarrhea
- Severe sore throat
- Difficulty breathing
- Convulsions (sudden jerks)
- pain in the chest or abdomen
- Sores on the skin or inside the mouth
- Severe headache, especially with vomiting, confusion, unusual sleepiness,
- Neck stiffness

## How is it Spread ?

Coxsackie viruses are very contagious. They can be pass easily from person to person by:

- Unwashed hands
- Surfaces contaminated by feaces.
- Sneezing
- Coughing

### Who is Most at Risk ?

- Infants
- Children under 10 years old

## How to Prevent and control HFMD



### Wash Hands Often Using Soap and Running Water -

After using the toilet, after changing a diaper, before eating, and before preparing meals

**Clean and Disinfect Surfaces Regularly through the day -** Toys, contact areas such as pipe taps, door knobs and table tops.

**Safely dispose of pampers** and clean and disinfect child's clothing contaminated with feaces

**Keep affected children out of school** or child care center for a few days to a prevent spreading the infection