



Department of  
Public Health  
[www.fcdph.org](http://www.fcdph.org)

# Public Health Notice

## Hand, Foot and Mouth Disease

May 6, 2016

### **Purpose of Notice:**

The Fresno County Department of Public Health (FCDPH) has received reports of multiple cases in schools and childcare facilities of hand, foot, and mouth disease (HFMD) in recent weeks. This is unusual for this time of year and FCDPH is advising parents to be aware of the infection and take precautions to prevent the spread of this highly contagious disease.

### **What is Hand, Foot and Mouth Disease?**

Hand, foot and mouth disease is a relatively common viral infection.

### **How does Hand, Foot and Mouth Disease spread?**

Hand, foot and mouth disease spreads from an infected person to others through direct contact or via aerosol droplet transmission. The virus is found in nose and throat secretions, fluid in the blisters, and stool of infected persons. It usually affects infants and children younger than 5 years. There is no specific treatment for the infection other than relief of symptoms.

### **Common signs and symptoms of Hand, Foot and Mouth Disease include:**

- Fever
- Feeling unwell (malaise)
- Reduced appetite
- Blister-like sores in the mouth
- Sore throat
- A rash that usually appears on the palms of the hands and soles of the feet

**Do Not Ignore the Symptoms**  
**Hand, Foot and Mouth Disease is highly contagious**

### **What should I do if I think my child has Hand, Foot and Mouth Disease?**

Consult with your child's provider.

### **Steps to prevent Hand, Foot and Mouth Disease:**

- Washing hands frequently especially after changing a diaper, before eating and after using the bathroom
- Disinfecting dirty surfaces and soiled items
- Avoiding close contact, such as kissing, hugging, or sharing eating utensils with others

For more information on HFMD visit the Centers for Disease Control and Prevention (CDC) website at <http://www.cdc.gov/hand-foot-mouth/> or call (559) 600-3332.