



# MIDDLEBORO PEDIATRICS

2 LAKEVILLE BUSINESS PARK, LAKEVILLE, MASSACHUSETTS 02347 TEL (508) 947-0630 FAX (508) 947-0639

NEAL G. BORNSTEIN, MD, FAAP    MARTIN A. GROSS, MD, FAAP    HILARY A. WELLAND, MD, FAAP    AARON D. BORNSTEIN, MD, FAAP  
FIONA E. PAUL, RN, CPNP    AMY C. HATCH, RN, CPNP    MEREDITH M. RUBINI, RN, CPNP

## HAND, FOOT AND MOUTH DISEASE

### Definition

#### Diagnostic Findings (some or all findings may be present)

Small ulcers in the mouth

A mildly painful mouth

Small blisters or red spots located on the palms and soles and between the fingers and toes

Sometimes, small blisters or red spots on the arms, legs, buttocks, or face.

Low-grade fever (over 100 F)

Mainly occurs in children 6 months to 4 years of age

### Cause

Hand, foot, and mouth disease is always caused by a Coxsackie A virus. It has no relationship to hoof and mouth disease of cattle.

### Expected Course

The fever and discomfort are usually gone by day 3 or 4. The mouth ulcers resolve in 7 days, but the rash on the hands and feet can last 10 days. The only complication seen with any frequency is dehydration from refusing fluids.

### Home Care

Diet. Avoid giving your child citrus, salty, or spicy foods. Also avoid foods that need much chewing. Change to a soft diet for a few days and encourage plenty of clear fluids. Cold drinks, popsicles, and sherbet are often well received. Have your child rinse the mouth with warm water after meals.

### Fever.

Acetaminophen or Ibuprofen may be given for a fever or to relieve mouth pain.

### Contagiousness.

Hand, foot and mouth disease is quite contagious and usually some of your child's playmates will develop it at about the same time. The incubation period after contact is 3 to 6 days. The condition is the most contagious during the first few days of the rash. The patient should not have close contact with other young children until the fever is gone and the rash begins to fade.

### Call our office Immediately if:

Your child has not urinated for more than 8 hours

The neck becomes stiff

Your child becomes confused or delirious

Your child becomes hard to awaked completely

Your child starts acting very sick

### Call during regular hours if:

Your child is not drinking much

The fever lasts more than 3 days

The mouth pain becomes severe

The gums become red, swollen, or tender

You feel your child is getting worse  
You have other concerns or questions