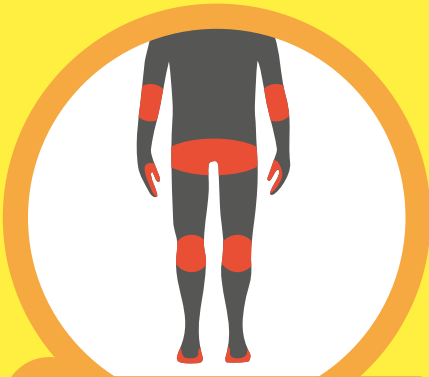




1 Skin rash



2 Distribution



3 Canker sores
in the mouth

HAND, FOOT AND MOUTH DISEASE

MODE OF TRANSMISSION

Airborne infection: transmitted through coughing, sneezing, speaking.
Smear infection: transmitted via dirty objects and hands. The viruses can still be eliminated for weeks via faeces.

PREVENTION

The risk of infection can be contained with good hand hygiene habits.

INCUBATION PERIOD

The time from infection to outbreak of the disease is between 3 and 35 days.

CLINICAL SYMPTOMS

1 to 2 weeks after the infection: an itchy, red rash on the palms **1**, soles of the feet, buttocks, knees and elbows **2**, later on turning into white-greyish blisters. At the same time, blisters in the mouth and/or small, painful ulcers (cankers) **3**, possibly a slight fever.
Harmless progression, disease clears up on its own after 3 to 6 days.

CONTAGIOUSNESS

Contagiousness is highest during the first week, especially with blisters that haven't erupted yet.
The viruses are discharged for weeks via bowel movements, which is why infected persons can be contagious for a very long time. Many infected adults rarely show clinical symptoms.

READMITTANCE

Your child may not attend nursery until fully healed.

**FOR FURTHER INFORMATION
SEE THE NHS WEBSITE**

