

What is Hand, Foot, and Mouth Disease (HFMD)?

HFMD is a common **childhood virus**. Kids under 5 get it most often, **but anyone can catch it**.

- Most people recover in **7-10 days**
- Symptoms can be uncomfortable, but most are **mild**

How to Prevent HFMD?

Help **protect** your **family and community**:

- **Wash hands often** with soap and water
- Use **hand sanitizer** as needed
- **Clean** shared toys and surfaces daily

Let's keep CNMI
HEALTHY!



PUBLIC
HEALTH
SERVICES



 phs.chcc.health

 [/chcc.health](https://www.facebook.com/chcc.health)

 [chcc_phs](https://www.instagram.com/chcc_phs)

**HAND,
FOOT,
AND
MOUTH
DISEASE**



PUBLIC
HEALTH
SERVICES





What Does HFMD Look Like?

Children may have:

- Rash/Small Blisters on the Skin Including the Hands, Feet, and Diaper Area
- Fever
- Sore Throat
- Drooling (from painful mouth sores)
- Trouble Eating

How HFMD Spreads



- **Saliva** from sneezing, coughing, or even talking
- **Sharing objects** (like toys, cups, pencils) or surfaces with a person who has HFMD
- **Touching fluid** from the HFMD blisters or rash, or by touching poop from the person.



When Does Your Child Need to Stay Home?

Your child should not go to school or daycare if they:

- Have a fever (Over 100.4F or 38C)
- Have uncontrollable drooling from mouth sores
- Are too uncomfortable to join normal activities



How To Help Your Child Feel Better

- Take acetaminophen (Tylenol) or ibuprofen (Motrin) for pain and fever
- Use cold foods like a popsicle or ice cream to help soothe mouth sores
- Drink enough fluids, and eat soft food if eating is too painful.

If your child isn't drinking well, contact a healthcare provider.