

# Hand, Foot and Mouth Disease (HFMD)



**Hand, foot and mouth disease is a common childhood illness that can affect adults. It usually clears up by itself in 7 to 10 days.**

The first signs of Hand, Foot and Mouth disease can be:

- a sore throat
- a high temperature, above 38C
- not wanting to eat

After a few days mouth ulcers and a rash will appear.

Ulcers appear in the mouth and on the tongue. These can be painful and make it difficult to eat or drink. Red spots, which develop into blisters, usually appear on the hands and feet. The blisters are grey in the center and can be painful

HFMD has nothing to do with foot and mouth disease that affects farm animals.

**The NHS say there is no recommended period to be kept away from school/nursery, if your child is otherwise fit and well and showing no other symptoms they may attend school/nursery.**

## How to treat Hand, Foot and Mouth Disease yourself

You can't take antibiotics or medicines to cure hand, foot and mouth disease – it has to run its course. It usually gets better in 7 to 10 days.

To help with the symptoms:

- drink fluids to prevent dehydration – avoid acidic drinks such as fruit juice
- eat soft foods like soup – avoid hot and spicy foods
- take paracetamol or ibuprofen to help ease a sore mouth or throat

## A pharmacist can help with hand, foot and mouth disease

Speak to your pharmacist for advice about treatments, such as mouth ulcer gels, sprays and mouthwashes to relieve pain. They can tell you which ones are suitable for children.