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## COXSACKIE VIRUS (HAND, FOOT AND MOUTH DISEASE)

### What is hand, foot and mouth disease?

Hand, foot and mouth disease is a mild infection caused by a virus. It causes blisters in the mouth and blisters on the hands and feet. The fluid in the blisters contains the virus. The virus can be spread through saliva in the mouth, from touching the blisters on the hands or feet, or from the infected person's bowel movements. Since it is caused by a virus, **antibiotics are not helpful**. Hand, foot and mouth disease is common in young children from 6 months to 4 years but can occur in older children. It is most common in warm climates.

### What are the possible symptoms?

Your child may have one or more of these: Sore throat, drooling, temperature above 100.3°F for up to 4 days, small blisters in the mouth, small water blisters on the palms of the hands, soles of the feet, buttocks and between the fingers and toes, headache, stomach pain, and refusal to eat or drink

### How long does it last?

The fever and discomfort are usually gone in 3-4 days. The mouth ulcers are usually gone in 5-7 days. The rash on the hands and feet can last up to 10 days.

### What is the treatment?

Your child's doctor will talk with you about specific care for your child. Some general guidelines to follow include: Giving your child acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) for fever or pain. **Follow the Tylenol and Motrin dosing chart on our website [www.doctorsimai.com](http://www.doctorsimai.com)**

Also helpful is giving lots of small, frequent sips of cool liquid. For babies, use a dropper, spoon or cup since your baby may not want to suck on a bottle.

Try giving your child soft, bland foods and **avoid acidic, salty or spicy foods and citrus drinks**.

### How can I stop the spread of infection?

Wash your hands often, especially after caring for your child. Do not share drinking glasses or utensils. Dispose of any used tissues. Keep your child at home until his temperature has been normal without using medicine for 24 hours.

### When should I call the doctor?

Call your child's doctor if: The fever lasts for more than 3 days. mouth pain becomes severe. cannot swallow or move there neck, or signs of dehydration occur, no tears when crying, dry lips and mouth and decreased urine output.

**Adopted from Children's Healthcare of Atlanta**