

Hand, Foot, & Mouth Disease (Coxsackie Virus)

MOUTH LESIONS



HAND LESIONS



Cause



- caused by a virus called coxsackie virus
- transmitted by direct contact with infected person's saliva or sputum, nasal secretions, fluid from blisters and/or feces
- it is usually a mild infection

Symptoms



- usually starts with fever, sore throat, poor appetite, vague feeling of being unwell
- painful sores on inside of mouth, including cheeks, gums and tongue develop 1 or 2 days after fever
- lesions on palms and fingers of hands and on soles of the feet
- lesions may last for 7-10 days

Treatment



- no specific treatment available
- supportive therapy for symptoms

Work Restrictions



- **If diagnosed with Hand, Foot & Mouth**, must remain out of the workplace until symptoms have resolved. **Contact Occupational Health.**
- **If exposed to Hand, Foot & Mouth (including ill family members)**, there are no work restrictions or modification of work practices.

Prevention



- good hand hygiene at all times
- do not share eating utensils or cups with infected persons; avoid kissing/hugging of infected person