

Hand-Foot-and-Mouth disease

What is it?

- Viral infection caused by **coxsackievirus** (enterovirus family)
- Most commonly affects infants, toddlers, and preschoolers
- Peaks in summer and fall
- Transmitted by respiratory droplets, stool, and fomites



What does it look like?

- Low fever ($< 38.3^{\circ}\text{C}$)
- Oropharyngeal pain, difficulty eating
- Oropharynx inflamed with vesicles that ulcerate – classic ulcers are shallow and have surrounding erythema
- Macules, papules, vesicles and/or pustules on the hands, feet, groin and buttocks – lesions often tender, not pruritic

Treatment

- Supportive care, cold foods often soothing
- Hospitalize for IV hydration or rare complications
- School/daycare policy: Stay home until symptoms resolve and blisters crust over
- Monitor for possible onychomadesis (temporary nail changes) in a few months

