

THINGS STUDENT-ATHLETES SHOULD/SHOULDN'T DO TO HELP CONTAIN THE SPREAD OF HAND, FOOT, AND MOUTH DISEASE

1. Wash hands often with soap and water, especially after using the restroom
2. Work with your families to clean and disinfect items that you are transporting to/and from school (lunchboxes, clothes, etc.)
3. Avoid close contact such as hugging, kissing, and hand-holding with others.
4. Don't share eating utensils with others and don't use disposal silverware that has not been sealed properly
5. Don't sneeze into the open air — use a kleenex or if necessary cover your nose and mouth with your sleeve
6. Cover your mouth when you cough
7. Don't share water or other beverage containers
8. Don't share food
9. Let your parents right away if you experience any of the following symptoms: fever, sore throat, poor appetite, sores inside your mouth, on the palms of your hands, and/or on the soles of your feet
- 10. Take all your equipment home and wash and disinfect it as best you can.**

FREQUENTLY ASKED QUESTIONS ABOUT HAND, FOOT, AND MOUTH DISEASE

What exactly is Hand, Foot, & Mouth Disease?

Hand, Foot, & Mouth Disease is a viral illness caused by several different viruses that inhabit the human intestinal tract.

Who gets Hand, Foot, & Mouth Disease?

Although it is more common in young children, anyone can get Hand, Foot, & Mouth disease.

How is this virus spread?

By direct contact with nose and throat discharges and feces of infected persons. Virus is also present in the blister-like lesions.

What are the symptoms of Hand, Foot, & Mouth Disease?

Some persons experience sudden onset of fever and sore throat along with small, discrete grayish-white blister-like sores in the mouth and/or on the palms, fingers, and the soles of the feet. These lesions may persist for 7-10 days.

How soon after exposure do symptoms appear?

Usually lesions appear 3-5 days after exposure.

For how long can an infected person carry this virus?

A person can be considered infectious during the time symptoms are present. These viruses inhabit the human intestinal tract and may persist in stool for several weeks, even after symptoms disappear.

What is the treatment for Hand, Foot, & Mouth Disease?

There is no specific treatment, though there are some medications available to temporarily ease the discomfort from the lesions. Complications are rare and there are no fatalities associated with this disease.

