

**FOR IMMEDIATE RELEASE**  
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Hand, Foot, and Mouth Disease

## Hand, Foot, and Mouth Disease Information

**WINSLOW, Ariz.** — Hand, foot, and mouth disease (HFMD) is common in young children. It causes fever, mouth sores, and a rash. Wash your hands often to lesson your chances of getting sick. HFMD has affected our communities with recent high cases and Winslow Indian Health Care Center (WIHCC) would like to remind all about HFMD.

Hand Foot Mouth Disease is a contagious illness caused by different **viruses**. It is common in infants and children because they do not yet have immunity (protection) to the viruses that cause HFMD. However, older children and adults can also get HFMD.

### HFMD viruses can be found in:

- Nose and throat secretions (such as saliva, sputum, or nasal mucus)
- Blister fluid
- Poop (feces)

### HFMD spreads from an infected person to others from:

- Close contact, such as kissing, hugging, or sharing cups and eating utensils
- Coughing and sneezing
- Contact with poop, for example when changing a diaper
- Contact with blister fluid
- Touching objects or surfaces that have virus on them; the virus is spread through contact with everyday items such as doors, phones, tabletops, and especially contact with others who have the virus.

### Signs and Symptoms of HFMD:

- Fever
- Reduced appetite
- Sore throat
- Feeling unwell
- Painful mouth sores that usually begin as flat as red spots; Blisters will form a day or two on the hands, feet, in the mouth and can be painful.
- Rash of flat red spots that may blister on the palms of hands, soles of the feet, and sometimes the knees, elbows, buttocks, and/or genital area.

These symptoms usually appear in stages, not all at once. Not everyone will have all of these symptoms. Some people may show no symptoms at all, but they can still pass the virus to others.

**Treatment:**

There is no specific treatment for hand, foot, and mouth disease. However, you can do some things to relieve symptoms:

- Take over-the-counter medications to relieve pain and fever (Aspirin should not be given to children)
- Use mouthwashes or sprays that numb mouth pain.

If a person has mouth sores, it might be painful to them swallow. However, it is important for people with hand, foot, and mouth disease to drink enough liquids to prevent dehydration (loss of body fluids).

**Prevention measures that can be taken:**

- **Hand washing is highly important.** Wash your hands with soap and water. HFMD is contagious during the first week of the illness; however there maybe times they remain contagious for weeks after symptoms go away.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups and eating utensils with people who have HFMD.
- Disinfect frequently touched surfaces and objects, such as toys and doorknobs, especially if someone is sick.

HFMD condition is normally not life threatening so please do not be alarmed. The condition usually runs its course in a few days similar to that of a common cold. If you feel you have any of these signs or symptoms and need to be seen by a medical provider when you come to Winslow Indian Healthcare, Leupp, or Dilkon clinics please notify our front desk staff, nursing or medical staff immediately upon arrival of your condition and they will do everything that they can to assist you through this. If possible please call in advance, but this is not required.

If you have questions about HFMD contact the Winslow Indian Health Care Center at (928) 289-4646 or visit our website [www.wihcc.com](http://www.wihcc.com).

Resource: Centers for Disease Control and Prevention. Hand, Foot, and Mouth Disease (HFMD). February 22, 2019. Retrieve <https://www.cdc.gov/hand-foot-mouth/about/index.html>

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Winslow Indian Health Care Center (WIHCC) is a Tribal P.L. 93-638 program located in northcentral Arizona along Interstate 40 in Winslow, Arizona. WIHCC serves the healthcare needs of the Native American population in the southwestern portion of the Navajo Nation, which includes the communities of Dilkon, Leupp, Tolani Lake, Teesto, Birdsprings, Indian Wells, Jeddito, whitecone, Twin Arrows, Winslow, Joseph City and Holbrook. For more information about WIHCC, access their website at [www.wihcc.com](http://www.wihcc.com).