

## MEDIA RELEASE

**Information**       **Advisory**       **Warning**       **Update**

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***Health Department Reminds Residents of  
Hand, Foot, and Mouth Disease Precautions***

The St. Clair County Health Department has received an increase in reported Hand, Foot, and Mouth Disease (HFMD) cases throughout schools, preschools, and child cares in the county. This infection is moderately contagious and is spread through direct contact with nose and throat discharges, saliva, fluid from blisters, or the stool of infected persons. No specific treatment is available for this infection. Symptomatic treatment is given to provide relief from fever, aches, or pain from the mouth ulcers. Nearly all patients recover without medical treatment in seven to 10 days. HFMD occurs mainly in children under 10 years old, but adults may also be at risk.

Specific prevention for HFMD is not available; however, the risk of infection can be lowered by good hygienic practices.

- Wash hands often with soap and water, especially after diaper changes and using a toilet.
- Disinfect dirty surfaces and soiled items using a diluted solution of chlorine containing bleach. Wash soiled articles of clothing.
- Exclude sick children from group activities including children with fever, draining sores that cannot be covered or sores in the mouth.
- The virus may be excreted for weeks after the symptoms have disappeared. Some persons excreting the virus, including most adults, may have no symptoms.
- Parents and guardians with questions about possible HFMD or any rash illness should contact their health care provider.

For additional HFMD guidance, precautions and cleaning decontamination visit [www.scchealth.co](http://www.scchealth.co) or call (810) 987-5300.

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