

Coxsackie Viral Infection (Hand, Foot & Mouth Disease)

What is Coxsackie Viral Infection (Hand, Foot & Mouth Disease)?

Hand, foot and mouth disease is a viral infection caused by a strain of Coxsackie virus. It causes a blister-like rash that involves the hands, feet, and mouth. The infection usually occurs in children under the age of 10 years but does also occur in young adults.

What are the symptoms?

Initial symptoms of fever, poor appetite, runny nose and sore throat appear three to five days after exposure. A blister-like rash on the hands, feet and mouth usually develops one to two days after the initial symptoms.

How is Hand, Foot and Mouth Disease diagnosed?

The diagnosis is generally suspected on the appearance of the blister-like rash on the hands, feet and mouth in an individual with a mild febrile illness.

What are some potential complications?

The illness is typically mild and complications are rare.

How is Hand, Foot and Mouth Disease spread?

A person is contagious when the initial symptoms appear and may continue until the blister-like skin lesions disappear. The virus has been known to be shed in the stool for up to several weeks.

How is Hand, Foot and Mouth Disease treated?

There is no specific treatment. Treatment is aimed at fever control and maintaining good oral hydration.

How do you prevent Hand, Foot and Mouth Disease?

Individuals who feel ill or have a fever should stay home. Thorough hand washing is important as well.