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.