

Important information about hand, foot and mouth disease

Visual guide



What is in this fact sheet

About this fact sheet	3
About hand, foot and mouth disease	5
Signs and symptoms of hand, foot and mouth disease	7
What to do if your child has hand, foot and mouth disease	11
When you should call an ambulance	13
When you should take your child to the hospital	15
When you should take your child to a doctor	16
When you can take care of your child at home	17
How hand, foot and mouth disease spreads from person to person	18
Contact information	19

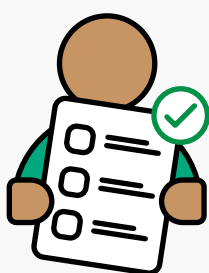
About this fact sheet



This fact sheet is from The Royal Children's Hospital Melbourne.



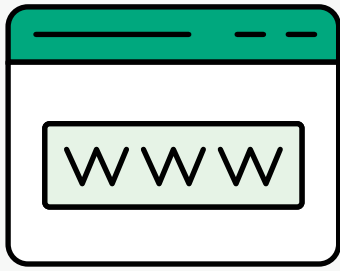
A health professional wrote this fact sheet to tell you about hand, foot and mouth disease.



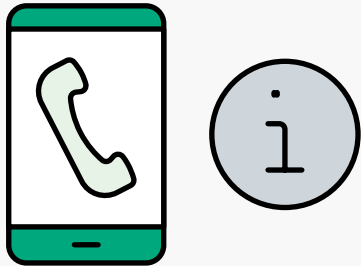
This fact sheet is a visual guide summary.



Summary means it only includes the most important facts.

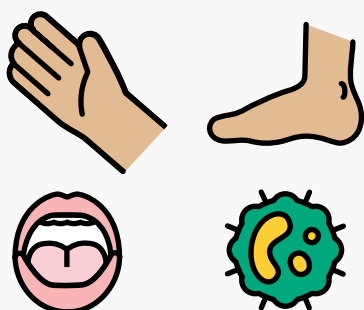


You can read the full version of this fact sheet on [The Royal Children's Hospital](#) website.

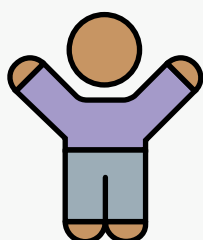


You can find contact information for the hospital on [page 19](#) at the end of this fact sheet.

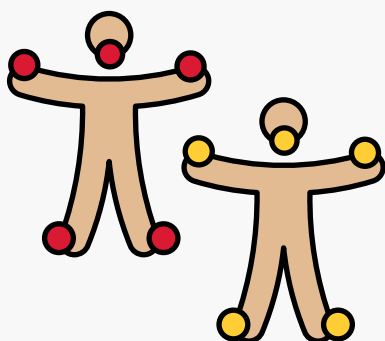
About hand, foot and mouth disease



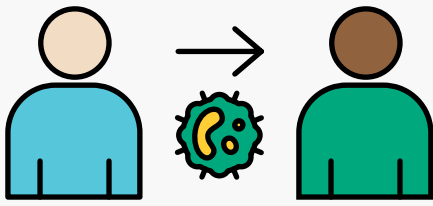
Hand, foot and mouth disease is an illness that is caused by a virus.



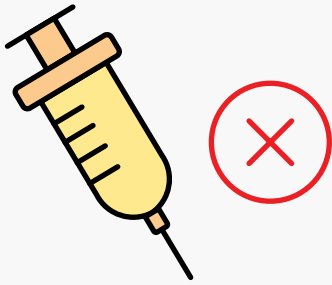
Hand, foot and mouth disease is common in young children who are under 5 years old.



People can get hand, foot and mouth disease more than once, but it will not be as bad the second time.

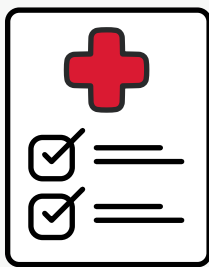


Hand, foot and mouth disease spreads easily from person to person.



There is no vaccine to help with hand, foot and mouth disease.

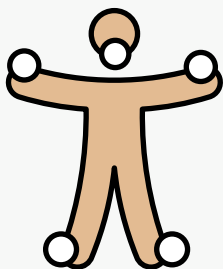
Signs and symptoms of hand, foot and mouth disease



Signs and symptoms are things your body does that show you might be sick.



Signs are things your body does that you and other people can see.

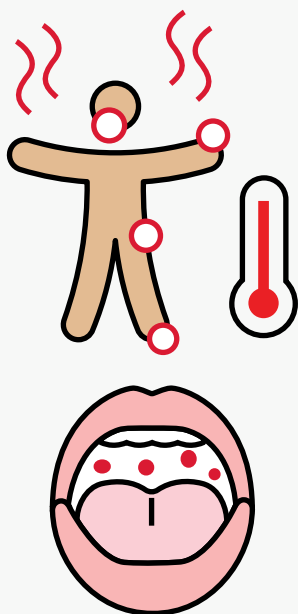


Symptoms are things you feel in your body.

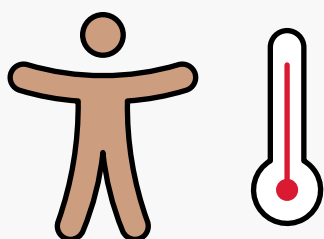


The signs and symptoms of hand, foot and mouth disease can be:

- a rash with spots or blisters on the hands, feet and buttocks
- blisters around the outside of the mouth
- ulcers inside the mouth
- feeling tired
- fever.



Ulcers are open sores that are inside a person's body.



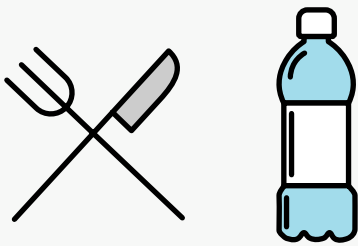
A fever is when the temperature of the body is 38 degrees celsius or more.



The blisters, rash or spots will be a red colour.



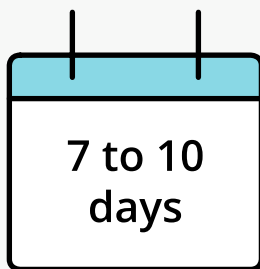
The blisters, rash, spots or ulcers can be painful.



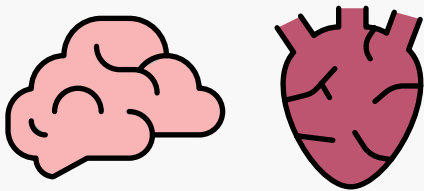
Your child might have trouble drinking or eating. But it is important that they drink and eat enough.



If your child has eczema, it might get worse if they get hand, foot and mouth disease.

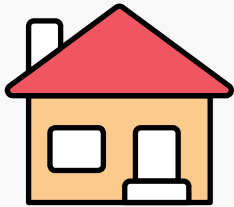


Hand, foot and mouth disease normally lasts for 7 to 10 days.

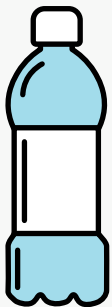


Sometimes, but not often, hand, foot and mouth disease can affect the brain or heart.

What to do if your child has hand, foot and mouth disease



Normally, you can take care of your child at home and the illness should get better.



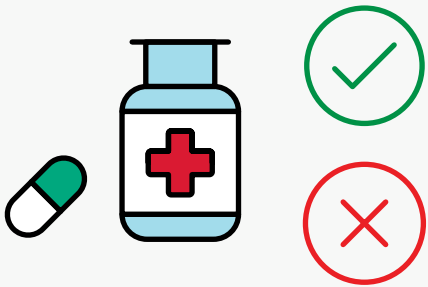
You should make sure your child drinks enough water to stay hydrated.



You can also give your child hydrating fluids, like electrolyte drinks.



It is important to let the sores and blisters heal. This means you must try to not let your child touch them.



You can give your child pain medicine, like paracetamol or ibuprofen.

Do not give your child aspirin.

When you should call an ambulance

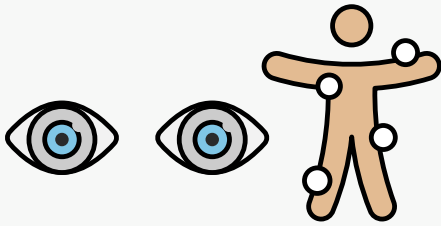


You should call an ambulance to take your child to hospital if your child:

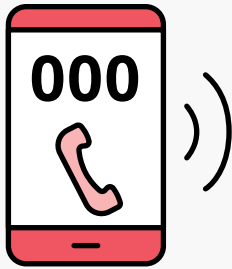
- feels unwell
- has a fever

AND

- has rash that stays a red colour when you press on it.

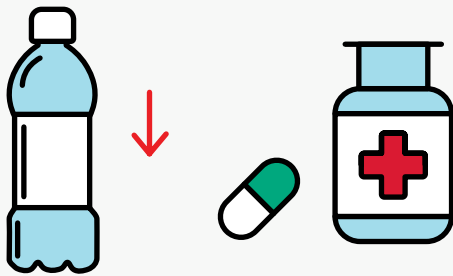


These signs and symptoms might mean your child has meningococcal disease.

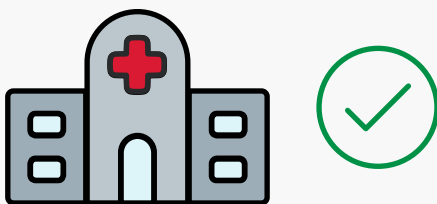


To get an ambulance, call Triple Zero, 000.

When you should take your child to the hospital



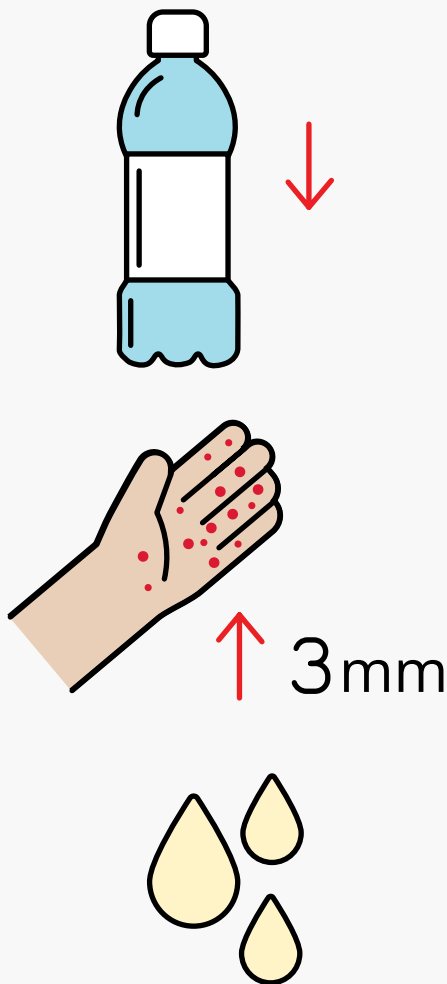
You should take your child to the hospital if they are dehydrated and are not drinking enough fluids, even when you have given them pain medicine.



You should also take your child to hospital if they look very unwell and have symptoms like:

- drowsiness
- pale skin, like in their face
- stomach pain
- shortness of breath or seizures.

When you should take your child to a doctor

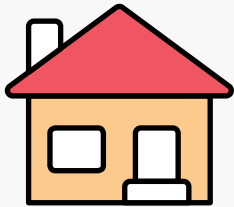


You should take your child to a doctor or other health professional if they:

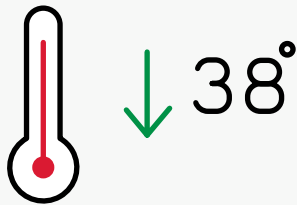
- are not drinking enough water and you are not sure if they are dehydrated
- have red rash spots that are bigger than 3 millimetres or pus is oozing from the spots.

Pus looks like yellow milky fluid.

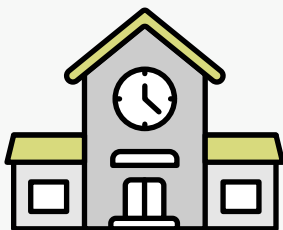
When you can take care of your child at home



You can take care of your child at home if they feel well and can drink enough water and other fluids.

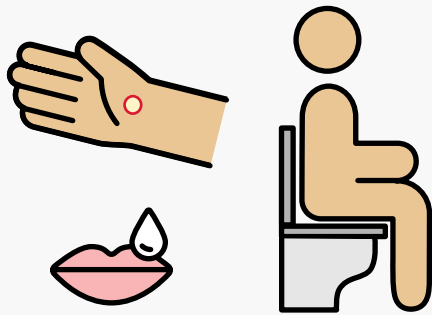


It is okay if your child has a mild fever and their body temperature is not more than 38 degrees celsius.

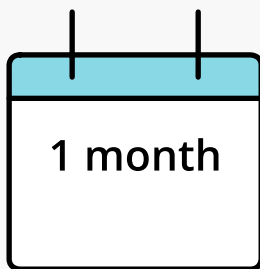


You should keep your child home from school or childcare until the blisters have dried up or healed.

How hand, foot and mouth disease spreads from person to person



Hand, foot and mouth disease spreads through physical contact of the blisters, saliva or poo.

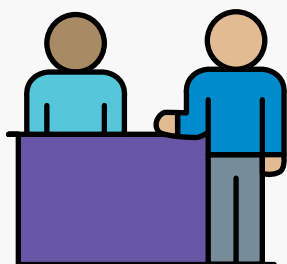


It can still be spread for up to one month after all the signs and symptoms have gone.



It is important to practise good hygiene by washing your hands and not sharing things that you eat or drink with.

Contact information



Visit the hospital

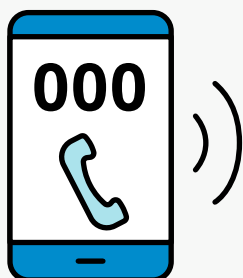
50 Flemington Road
Parkville, Victoria



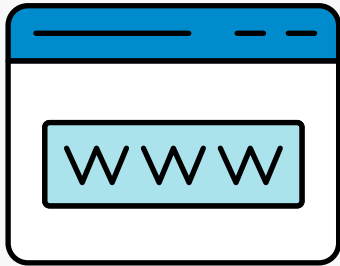
Call the hospital

+61 3 9345 5522

Do not call the hospital if it is an emergency.

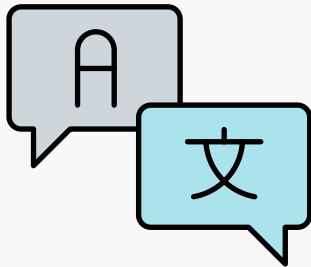


If it is an emergency, you must
call Triple Zero, 000



Visit the website

Go to [The Royal Children's Hospital website](#)



Use the Translating and Interpreting Service (TIS)

Call 131 450 and ask to speak to The Royal Children's Hospital on +61 3 9345 5522



Use the National Relay Service (NRS)

Visit the [National Relay Service website](#)

This document (job AI2742) was created by Scope (Aust) Ltd. using both licensed and custom images. Document must not be sold to third parties. The images must not be reused without permission. For more information contact Scope on 1300 472 673 or visit scopeaust.org.au