

Coxsackievirus (Hand-Foot-and-Mouth Disease and Herpangina)

Your child has a viral illness called hand-foot-and-mouth disease and/or herpangina.

These illnesses are caused by the coxsackievirus. They are common in young children, but adults can get them too.

These illnesses usually happen in the summer and the fall.

The virus can pass from person to person, so **it is very important to wash your hands often.**

If you are pregnant and you have been exposed to the virus, **do not be concerned.** Talk to a health care provider if you have questions.

What are the symptoms of hand-foot-and-mouth disease?

- › Fever (temperature above 38 °C or 100.4 °F)
- › Rash (small bumps or blisters) on the hands, feet, or mouth
- › Ulcers (sores) in the mouth (herpangina)
- › Being cranky, hard to soothe or settle
- › Not wanting to eat or drink as much as usual

How can I help my child?

- Watch for signs of dehydration (not having enough fluids):
 - › No tears when crying
 - › Dry skin, mouth, or tongue
 - › Fewer wet diapers or not peeing as often as usual
 - › Sunken eyes (darker skin under their eyes)
 - › Very sleepy or hard to wake up

- If your child has a fever, give them acetaminophen (Tylenol®, Tempra®) or ibuprofen (Advil®, Motrin®). Read the package to check how much medication your child should have based on their age or weight.
- **If your child has ulcers in their mouth:**
 - › Wait 30 minutes after giving them acetaminophen or ibuprofen. Then give them cool fluids often.
 - › **Do not** give your child citrus juices (like orange or grapefruit).
- Give your child soft foods that do not need a lot of chewing to swallow safely (like applesauce, mashed potatoes, yogurt, or pudding).

Your child should start feeling better in 7 to 10 days.

Call your primary health care provider (family doctor or nurse practitioner) or 811, or go to the nearest Emergency Department if:

- You think your child is dehydrated.
- You are worried about your child's condition.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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