



Hand Foot and Mouth Refresher

What is Hand Foot and Mouth?

HFMD is a common illness that usually causes fever, mouth sores, and skin rash. It can spread quickly at schools and day care centers. Most people get better on their own in 7 to 10 days.

Signs and Symptoms

Most children have mild symptoms for 7 to 10 days. Symptoms may include:

- Fever
- Sore throat
- Painful mouth sores that blister
- Rash commonly found on the hands and feet

Complications from HFMD are rare.

Who is at risk?

HFMD is most common in infants and children younger than 5 years old.

If you are pregnant, contact your doctor if you think you may have been exposed to HFMD. Complications from HFMD are rare. However, your own medical history and how far along you are in your pregnancy can affect the situation.

How does it spread?

HFMD is caused by viruses. A person infected with one of these viruses is contagious. This means they can pass the virus easily to other people.

HFMD can spread through contact with:

Droplets with virus particles made after person sneezes, coughs, or talks

Objects and surfaces that have virus particles

Fluid from blisters

Poop

How to Prevent it?

HFMD is very contagious. To help prevent catching or spreading HFMD:

Wash your hands often with soap and water for at least 20 seconds, especially after changing diapers, using the toilet, and coughing, sneezing, or blowing your nose.

Help children wash their hands and keep blisters clean.

Avoid touching your face with unwashed hands, especially your eyes, nose, and mouth.

Clean and disinfect frequently touched surfaces and shared items, including toys and doorknobs.

Avoid close contact with an infected person, such as hugging or kissing them

There is no vaccine in the United States to protect against the viruses that cause HFMD





2024-2025 Training Calendar

ITS/SIDS: July 1st, October 7th

To Register for ITS/SIDS Call/Email:

Lissy at the Partnership: 704-933-8278 or
lvrios@cabarruspartnership.org

CPR/FA: June 3rd, September 9th

**CPR Class MUST be paid prior to class via cash, check or
PayPal**

NO REGISTRATIONS ACCEPTED AFTER THE
THURSDAY PRIOR TO THE TRAINING

To Register Call/Email:

Debra Pless or Melissa Jones to schedule

****NO CELL PHONES ALLOWED****

***** ALL CLASSES are NOW AT MCGILL
LEARNING CENTER from 6—8 p.m.*****

**375 George W Liles Pkwy, Concord,
NC 28027**

**ENTER THROUGH SIDE DOORS
LEFT SIDE OF THE BUILDING NEAR
THE DUMPSTER**

**IF YOU ARE MORE THAN 10 MINUTES
LATE YOU WILL BE ASKED TO RE-
SCHEDULE—
NO EXCEPTIONS!!!
NO CHILDREN ALLOWED IN CLASS**

Important Contacts

NC DCDEE	1-800-859-0829
Debra Pless, RN, CCHC	704-791-0058
Carolin's Poison Center	1-800-222-1222
Melissa Jones, RN, CCHC	704-787-2638
Cabarrus County DHS	704-920-1400
NC Immunization Branch	919-707-5550
Criminal Background Check Unit Line	919-527-6620

