

## **Soundbite Script – Get a grip on hand, foot and mouth disease**

**Dr. Asma Khan, Pediatrician, OSF HealthCare**

“Hand, foot and mouth disease is a pretty classic viral infection that’s most commonly affected in the younger age group under the age of five. The symptoms you typically see are mouth lesions, usually on the tongue or the cheeks. You also have a rash on the body, most often it's clustered on your hands and feet. Sometimes it can be a full body rash, and occasionally fevers and just feeling a little down and irritable.”

**Dr. Asma Khan, Pediatrician, OSF HealthCare**

“There are very few complications with hand, foot and mouth disease, it’s usually more of a milder course. You may feel rundown for about seven to 10 days. On occasion if we have a more virulent strain of the virus, you can have more serious complications and those can be meningitis, encephalitis, or myocarditis but that has been rare. Sometimes there's a late strain of enterovirus that can be more related with those complications.”

**Dr. Asma Khan, Pediatrician, OSF HealthCare**

“It’s treating them comfortably with Tylenol and Motrin to help keep their pain down because those mouth lesions tend to be the one that’s most painful. The rash on the body typically is not. So we want to keep them continuing to eat and drink and then we want to make sure we really push fluids so if they're having a lot of pain in their mouth. They may not want to eat but as long as we can get them to drink and stay hydrated that’s the number one key.”

**Dr. Asma Khan, Pediatrician, OSF HealthCare**

“The big criteria is fever. No child should be going to school with a fever. The fever should be gone for 24 hours. The rash itself is not clearly an indication to stay out of school, because a rash may take a good week or so to fully resolve, and the infectivity rate after that first week is really gone down. You don't necessarily have to keep a child out of school just because a rash has not resolved in a few days.”