

Script – Broadcast – Keep an eye on hand, foot and mouth disease

INTRO

All the talk each fall centers on colds, flu and RSV. But one viral infection to pay close attention to is hand, foot and mouth disease (HFMD).

HFMD typically impacts young children, but adults and older children can get it, too. It causes painful red blisters in the mouth and throat, and on the hands, feet, and diaper area. HFMD is most common in children who are in childcare because young children need frequent diaper changes and help using the bathroom. They also tend to put their hands in their mouths.

There are two main viruses that cause HFMD – coxsackie and enterovirus. There is usually a three-to-five-day incubation period, when patients are infected and spreading the virus, before the initial onset of symptoms. The virus spreads through saliva, stool and respiratory droplets such as sneezing and coughing.

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HFMD typically occurs in the summer and fall seasons, but Dr. Khan says outbreaks can also develop in the winter.

To prevent the spread of HFMD, Dr. Asma Khan, a pediatrician with OSF HealthCare, encourages parents to keep kids home from school and daycare while they have a fever or open blisters on the skin and in the mouth. Everyone in your home should wash their hands, especially after using the bathroom or changing a diaper, and before preparing food. Toys and surfaces should also be cleaned with a disinfectant as often as possible.

(((SOT)))

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.”

TAG

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