Hand, foot, and mouth disease is common in infants and young children. It usually causes fever, painful sores in the mouth, and a rash on the hands and feet. Most infected people recover in a week or two. Wash your hands often and practice good hygiene to reduce your risk of infection.

**Hand, Foot, and Mouth Disease**

**What Are the Symptoms of HFMD?**

Symptoms of hand, foot, and mouth disease often include the following.

- Fever
- Reduced appetite
- Sore throat
- A feeling of being unwell
- Painful sores in the mouth that usually begin as flat red spots
- A rash of flat red spots that may blister on the palms of the hands, soles of the feet, and sometimes the knees, elbows, buttocks, and/or genital area
- These symptoms usually appear in stages, not all at once

- Not everyone will get all of these symptoms
- Some people may show no symptoms at all, but they can still pass the virus to others

**Can HFMD Be Treated?**

There is no specific treatment for HFMD. Fever and pain can be managed with over-the-counter fever reducers and pain relievers such as acetaminophen or ibuprofen. It is important for people with HFMD to drink enough fluids to prevent dehydration (loss of body fluids).