



Pediatric Clinic
PATIENT EDUCATION HANDOUTS

Information for parents about...

Hand, Foot, and Mouth Syndrome

Hand, foot, and mouth syndrome is a common viral illness that occurs in the late summer and early fall. It is caused by a virus called *Coxsackievirus*, which is a member of the enterovirus family.

Other than the skin and mouth sores, these children may have some fever, "cold" symptoms, and sometimes some loose stools.

The illness is not serious, however, and will improve without treatment within a week in most cases.

The following is an excerpt from Nelson: Textbook of Pediatrics, 15th edition:

Coxsackievirus A16 is the major cause of the hand, foot, and mouth syndrome, which has a typically enteroviral pattern, with a short incubation period (4-6 days) and a summer and fall seasonal pattern. The clinical expression rate of the enanthem-exanthem complex is high, being close to 100% in young children, 38% in school children, and 11% in adults. The intraoral lesions are ulcerative and average about 4-8 mm in size. The tongue and buccal mucosa are most frequently involved. The hands are more commonly involved than the feet. Buttock lesions are also common, but these do not usually progress to vesiculation. The lesions on the hands and feet are usually vesicular and vary in size from 3-7 mm; they are generally more common on the dorsal surfaces but frequently occur on the palms and soles as well. They clear by absorption of the fluid in about 1 wk.

Please call the clinic at 526-7653, during normal office hours, if you have additional questions.