

## **Hand, foot and mouth disease is a viral infection that can affect young children.**

It doesn't usually pose a serious threat to a child's health, but it can be an unpleasant condition, particularly if it affects younger children.

Typical symptoms of hand, foot and mouth disease include:

- cold-like symptoms, such as loss of appetite, [cough](#) and a moderately high temperature of around 38-39°C (100.4-102.2°F)
- a non-itchy red rash, made up of spots or small fluid-filled sacs (vesicles), which usually develops on the hands and feet, but may also occur on the knees, elbows, groin and buttocks; sometimes the rash can develop into painful blisters
- painful [mouth ulcers](#)

### **When to see your GP**

Hand, foot and mouth disease is a self-limiting condition, which means it will get better on its own without treatment. The symptoms will usually pass within seven days.

However, speak to your GP or call [NHS 111](#) if you're unsure whether your child has hand, foot and mouth disease.

You should also contact your GP if your child isn't drinking any fluid or their symptoms last longer than seven days.

### **Treating hand, foot and mouth disease**

There is currently no cure for hand, foot and mouth disease, so treatment involves making your child feel as comfortable as possible while waiting for the infection to take its course.

Possible treatment options include:

- using [paracetamol](#), [ibuprofen](#) and mouth gels to relieve the pain of mouth ulcers
- drinking plenty of fluids to help relieve a high temperature