

In response to the recent Hand, Foot, and Mouth Disease on the UIUC campus, it is important that you know the following:

Hand, Foot, and Mouth Disease (HFMD)

Incubation Period: 3 to 6 days

Communicability: Most contagious for one week after symptom onset. Virus will shed for several weeks thereafter. Respiratory shedding is usually limited to one week or less. Virus is shed in feces, respiratory secretions, and blister secretions and can survive on inanimate objects.

Signs and Symptoms:

- Fever
- Sore throat
- Cough
- Diarrhea
- Runny nose
- Painful mouth sores that may interfere with eating and drinking
- Tiny blisters (vesicles) lasting up to one week on any or all of these sites: palms, soles, mouth, buttocks

To help control the spread of infection:

1. Cover mouths and noses when coughing or sneezing with a disposable tissue followed by proper hand washing
2. Wash hands frequently with soap and water, especially after using the toilet
3. Increase frequency of cleaning and disinfecting of frequently touched surfaces, soiled items and public spaces. Make sure your disinfectant is registered with the US Environmental Protection Agency (EPA) as a detergent-disinfectant or a hospital grade disinfectant.
4. Discourage sharing eating utensils or cups. Avoid contact with saliva and respiratory secretions.

While it is not mandatory to report a diagnosis of HFMD to me, I would highly encourage it so that we may attempt to minimize the occurrence of this virus on our campus. Please direct questions or make reports to Sara Maxwell, Wellness Coordinator, at 217-373-3879 or smaxwell@parkland.edu.