

HAND, FOOT, & MOUTH DISEASE

(Herpangina; Coxsackievirus A-16)

FACT SHEET

Last Revised: September 2025



**KALAMAZOO
COUNTY GOVERNMENT**

HEALTH & COMMUNITY
SERVICES DEPARTMENT

Hand Foot and Mouth Disease (Herpangina) is an infection caused by a virus. It occurs most often in children under 5 years old, but anyone can get it. The illness is usually mild, but it is very contagious.

How is it spread?

Hand, Foot, and Mouth Disease (HFMD) is spread by air droplets when an infected person coughs, sneezes, talks, or drools. Objects and surfaces contaminated with the virus can also spread HFMD. The virus can also be spread through contact with fluid from the blisters and the poop of infected people.

Symptoms usually appear 3 - 6 days after exposure.

How long is a person contagious?

Herpangina is most contagious during the first week of illness and may persist in stool for several weeks. The virus may persist in stool for several weeks after the rash disappears. Recovery is usually 7-10 days. As long as the fluid from blisters can be contained, it's okay to resume daily activities as long as there is no fever.

What are the symptoms?

HFMD is a common illness that usually causes fever, painful mouth sores that blister, sore throat, tiredness, and a rash on the hands and feet. The rash may last for 7 - 10 days.

While complications from HFMD are rare, contact your provider if your child has a fever and a rash that doesn't turn skin color (blanch) when you press it.

What else should I know?

- Wash your hands often with soap and water for at least 20 seconds, especially after changing diapers, using the toilet, and coughing, sneezing, or blowing your nose.
- Clean and disinfect frequently touched surfaces and items that come in contact with drool or fluid from the blisters, such as toys and doorknobs. Use an EPA approved or bleach disinfectant.
- Cover your nose and mouth when sneezing or coughing, and dispose of used tissues in garbage.
- Avoid close contact with an infected person, such as hugging or kissing them.



This fact sheet is not intended to replace the advice of your physician. Contact your healthcare provider if you have concerns regarding your health. If you have general questions, you may contact the Kalamazoo County Health and Community Services Department at the number below. You may also visit the QR code for additional information.



269-373-5203



kalcounty.gov/hcs



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