

PREVENTING HAND-FOOT-AND-MOUTH DISEASE

While there is currently no vaccine for hand-foot-and-mouth disease (HFMD), you can lower your risk of catching it.

Frequently washing your hands can prevent you from catching many diseases, including HFMD. The Centers for Disease Control and Prevention (CDC) calls hand washing a "do-it-yourself vaccine."

Follow these tips to prevent hand-foot-and-mouth disease:

1. Wash your hands with soap and water often. Hand washing is especially important:

- After using the toilet
- After changing diapers or potty training
- Before eating
- Before preparing food



Because soap and water may not always be available, it can help to carry a travel-size hand sanitizer with you.

2. Keep your hands away from your eyes, nose, and mouth. If the virus that causes HFMD is on a doorknob, toy, or other surface, you can get HFMD by touching the surface and later your face. The virus can get inside your body through your mouth, eyes, or nose.

3. Avoid close contact with anyone who has HFMD. This disease often spreads when the infected person coughs or sneezes. Until you're sure the person can no longer spread the virus to others, try to avoid getting too close, if possible.

- Most people are no longer contagious after 7 to 10 days, but it can take longer.
- Because the virus can spread with close contact, it also helps to stop kissing, hugging, and sharing food with the infected person.

4. Disinfect counters, doorknobs, and other surfaces that people frequently touch. The virus that causes HFMD can spread from one person to another when you touch an infected surface. Disinfecting counters, doorknobs, toys, and other surfaces can help prevent the disease from spreading.

For more information on preventing Hand-Foot-and-Mouth disease, visit:
<https://www.nj.gov/health/cd/topics/hfmd.shtml>



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