

## Mayo Clinic Minute: Hand, foot and mouth disease in kids

Video	Audio
	Rashes. They are common in young kids, especially babies.
<b>Nipunie Rajapakse, M.D.</b> <b>Pediatric Infectious Diseases</b> <b>Mayo Clinic</b>	"Hand, foot and mouth is spread through respiratory droplets, it can also be spread through the stool of an infected person. And so that's why hand washing is really important. It can also be spread through fomites. So touching something that an infected person has touched before. For that reason, we do see that it spreads pretty easily, especially in places where there's a lot of young children."
	Dr. Nipunie Rajapakse says, while highly contagious, the virus is usually mild.
	"It can be quite painful and uncomfortable, especially the lesions of the back of the throat that can make it difficult to eat or drink."
	There are no specific treatments, but there are things you can do to help your child feel better.
	"If they're having a lot of pain or discomfort with the rash, you can give them ibuprofen or acetaminophen to help with that, and making sure that they're staying well-hydrated, drinking lots of fluids, things like popsicles can help if they're having a sore throat."
	Seek medical attention if your child's signs or symptoms worsen after a few days.
	For the Mayo Clinic News Network, I'm Jason Howland.