

# Hand, foot, mouth syndrome

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Hand, foot, mouth syndrome (seventh disease) is an enterovirus disease characterized by *aphthous stomatitis* and *exanthema* on the acral parts of the body (palms of the hands and soles of the feet).

## General Characteristics

- *Generators*: enteroviruses (mainly **Coxsackie A16**, **Enterovirus 71**, or Coxsackie virus B2 and B5).
- *Source and transmission*: droplet and orofecal.
- *Incubation period*: **3-6 days**.<sup>[1]</sup>
- *Seasonal occurrence*: maximum occurrence in the **summer** months.
- **High contagiousness** - often siblings are also sick.

## Clinical picture

Prodromes may be absent or non-specific symptoms may appear: **increased temperature**, pain in the throat and abdomen. Subsequently, the disease itself manifests itself:

- **aphthous stomatitis** - aphthae in the area of the oral cavity (the eruption is very painful and the child may refuse to eat and drink because of the pain);
- **exanthema** on the distal parts of the limbs, on the palms, soles, backs of the hands and feet;
- **fever** lasting approximately 2 days.

Exanthema blisters appear more on the *extensor* area than over the flexors of the limbs. Blisters subsequently turn into crusts and erosions with a red border may itch.

## Differential diagnosis

In a patient with hand-foot-mouth syndrome, we further consider the following diseases:

- chickenpox,
- impetigo,
- herpetic gingivostomatitis,
- herpangina,<sup>[1]</sup>
- Kawasaki syndrome.

## Diagnosis, therapy, prognosis

We monitor the clinical symptoms and as a confirmation the **enterovirus serology** is examined. Patients are usually treated for 10 days, the therapy is only symptomatic. The disease is often **without complications**<sup>[1]</sup>, theoretically serous meningitis could occur.

## Links

### External links

- DermNet Hand foot and mouth disease (<https://www.dermnetnz.org/viral/hand-foot-mouth.html>)

### Source

- ROZSYPAL, Hanuš. *Základy infekčního lékařství*. 1. edition. Praha : Karolinum, 2015. 566 pp. ISBN 978-80-246-2932-2.

### Reference

1. KELBLEROVÁ, Aneta. Infectious rash diseases in childhood. *Pediatrics for practice* [online]. 2009, vol. 10, p. 176-179, Available from <<https://www.pediatrpropraxi.cz/>>. ISSN 1803-5264.

