

# Hand, Foot, Mouth syndrome

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

## General characteristics

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



## Clinical picture

Prodromes may be absent or non-specific symptoms may appear: **fever**(38 to 39 ° C), sore throat and abdomen. Subsequently, the disease itself manifests itself:

- **aphthous stomatitis** - aphthae in the oral cavity;
- **rash** on the distal limbs, palms, soles, dorsum of the hands and feet;
- **fever** lasting approximately 2 days.

Exanthematous blisters appear more **extensor** areas than above limb flexors. The blisters then turn into crusts and erosion with a red rim can itch.

## Differential diagnosis

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

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

## Diagnosis, therapy, prognosis

We monitor clinical signs and examine them as confirmation **enterovirus serology**. Patients are usually treated for 10 days, the therapy is only symptomatic. The disease often goes **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, Hanus. Basics of infectious medicine. 1st edition. Prague: Karolinum, 2015. 566 pp. ISBN 978-80-246-2932-2

### Reference

- KELBLEROVÁ, Aneta. Infectious exanthematous diseases in childhood. Pediatrics for practice [online] . 2009, vol. 10, pp. 176-179, also available from < <https://www.pediatricpropraxi.cz/> >. ISSN 1803-5264.