

The disease usually begins with fever, poor appetite, malaise, and frequently with a sore throat. One or 2 days after fever onset, painful sores develop in the mouth. They begin as small red spots that blister and then often become ulcers. They are usually located on the tongue, gums and inside of the cheeks. A non-itchy skin rash develops over 1-2 days with flat or raised red spots, some with blisters. The rash is usually located on the palms of the hands and soles of the feet, and may also appear on the buttocks and/or genitalia. A person with HFMD may not have symptoms, or may have only the rash or only mouth ulcers.

HFMD virus is contagious and infection is spread from person to person by direct contact with nose or throat discharges, saliva, fluid from blisters, or the stool of infected persons. Infected persons are most contagious during the first week of the illness but the period of communicability can last for several weeks. HFMD is not transmitted from pets or other animals.

Health advice

Presently, there is no specific treatment available for HFMD.

Parents should seek medical advice if their children develop high fever, vomiting, lethargy and limb weakness. Patients should drink plenty of water or other fluids.

Health care providers are advised to treat patients according to their symptoms and to refrain from using steroids.

For more information on disease please call the MoH Hotline numbers:

115 (free call), 012 488 981 or 089 669 567

Or contact:

Ministry of Health

Dr. Sok Touch: Tel +855 12 856 848

Dr. Ly Sovann: Tel +855 12 825 424

World Health Organization

Dr. Pieter Van Maaren: Tel +855 23 216 610

Dr. Nima Asgari: Tel +855 23 216 610



[Handwritten signature]