

## **FOR IMMEDIATE RELEASE**

### **Hand, Foot, and Mouth Disease**

Coos Health & Wellness has received multiple reports of Hand, Foot, and Mouth disease in Coos County. Hand, Foot, and Mouth is a common contagious virus that mainly affects children under 5 years of age. Outbreaks frequently occur among groups of children, such as in a daycare setting. Health complications from hand, foot, and mouth disease are not common.

- The main signs of the virus are sores in the mouth and blisters on the hands and feet.
- The virus is spread:
  - in the air through coughing or sneezing
  - by close personal contact
  - by contact with contaminated objects and surfaces
- The best prevention measures are frequent hand washing and cleaning of surfaces and items, such as toys.

More information may be found at **CDC.gov** and the Coos County website.