

In Dermatology

Hand foot and mouth disease



Vesicles on palm in
hand foot and
mouth disease



Blisters on foot, in
hand foot and
mouth disease



Oral hand foot
and mouth

Hand, foot, and mouth disease (HFMD or HFM) is a common mild and short-lasting Cocksackie viral infection most often affecting young children. It is characterised by blisters on the hands, feet and in the mouth. The infection may rarely affect adults.

HFM most often infects children under the age of 10, and most are under 5 years of age (95%). It can uncommonly affect adults and tends to be more severe in the elderly, immunocompromised, and pregnant women.

Symptoms usually include lesions on the dorsal and palmar surfaces of the hands and feet. The progression is from flat pink patches to small, elongated greyish blisters, and, within a week, these peel off leaving no scars.

Specific treatment is not often necessary. Keep the blisters clean and apply non-adherent dressings to erosions.

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