



# High Five!

## Hand, Foot, and Mouth Disease

Hand, foot, and mouth disease (HFMD) is a viral disease that is contagious. It is most common in infants and children. There is no vaccination for this disease, but many steps can be taken to reduce the risk.

HFMD has some recognizable symptoms that you can see in your child. It usually starts with a sore throat, poor appetite, malaise (feeling vaguely unwell), and a fever. Painful sores may develop in the mouth a few days after the fever begins. Also, a skin rash may develop on the palms of the hands, soles of



the feet, and even on the buttocks. This rash does not itch, but may blister.

HFMD is in general a mild illness, and most will recover in 7-10 days. There are only a few rare complications that may occur. Go to [www.cdc.gov](http://www.cdc.gov) for more information.

Through direct contact, HFMD can be spread and is moderately contagious.

Avoid contact with nose and throat discharges, saliva, fluid from blisters, and stools of infected persons. People are most contagious throughout their first week with the illness. And the virus can



be spread weeks after the symptoms have vanished.

Treatment for HFMD can be managed through over the counter medications. Also, it is advised to stay hydrated throughout this illness.

Prevent HFMD by frequently washing hands, especially after diaper changes; thoroughly cleaning objects and surfaces; and avoid close contact with people who are infected.

HFMD is not to be mistaken by Hoof-and-Mouth Disease, which affects animals.

<http://cdc.gov/Features/HandFootMouthDisease/>

## Iowa Chiropractic Clinic of Ankeny

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### HFMD

- ☺ Usually causes fever, sores in the mouth, and a rash with blisters.
- ☺ Is moderately contagious.
- ☺ Mostly affects children younger than 10 years of age, but people of any age can be infected.

☺ Has no specific treatment.

☺ Infection risk can be reduced by practicing good hygiene, such as washing hands frequently.

<http://cdc.gov/Features/HandFootMouthDisease/>

## Random Fun Facts

\*Abraham Lincoln faces to the right on a penny while all the other presidents face to the left on US coins.

\*Men get hiccups more often than women.

\*Sitting too close to the TV will not ruin your eyesight.

\*Most elephants weigh less than the tongue of a blue whale.

\*Elephants are the only animals that can't jump.

\*Most dust particles in your house are made from dead skin.

[www.randomfunfacts.com](http://www.randomfunfacts.com)

\*On average, 100 people choke to death on ball-point pens every year.

\*Walt Disney was afraid of mice.

\*You share your birthday with at least 9 million other people in the world.

## Tip of the Day

Polyunsaturated (PUFA) or monounsaturated (MUFA) contain some fatty acids that are necessary for health—called "essential fatty acids." MUFAs and PUFAs found in fish, nuts, and vegetable oils do not raise LDL("bad") cholesterol levels in the blood. Oils are also the major source of vitamin E in typical American diet.

[www.mypyramid.gov](http://www.mypyramid.gov)

## IOWA CHIROPRACTIC CLINIC OF ANKENY



I am only one, but I am one.  
I cannot do everything, but I can do something.  
And I will not let what I cannot do  
interfere with what I can do.  
~Edward Everett Hale

## Concussions

Every parent and coach should know how to prevent and recognize a concussion. A concussion is a brain injury that is induced by a bump to the head that can affect the way your brain normally works. Something that may seem mild can turn out to be serious.

Center of Disease Control and Prevention cares about your young athlete's health and safety, so they developed *Heads Up: Concussion in Youth Sports*. *Heads Up* offers information about concussions to everyone who is involved in youth sports: parents, coaches, and athletes. They provide a ton of information on prevention, recognition, and response to a concussion.

CDC wants to offer parents, coaches,

and athletes a *Heads Up: Concussion in Youth Sports* tool kit. The tool kit includes:

- \*Fact sheet for coaches on concussion
- \*Fact sheet for athletes on concussion
- \*Fact sheet for parents on concussion
- \*Clipboard with concussion facts for coaches
- \*Magnet with concussion facts for coaches and parents
- \*Poster with concussion facts for coaches and sports administrators

\*Quiz for coaches, athletes, and parents to test their concussion knowledge



A downloadable kit is available online on CDC's website. For more information on concussions, videos, and pod casts, visit

[www.cdc.gov/Features/Concussion](http://www.cdc.gov/Features/Concussion).

Remember, kids are our future so keep them healthy and safe. And when necessary, wear safety equipment!

<http://www.cdc.gov/Features/Concussion/>