

HOME CARE MEASURES

FOR HAND, FOOT, AND MOUTH DISEASE



Drink more water and stay hydrated



Drink cold beverages such as ice water



Try ice chips or ice pops



Avoid spicy and salty foods



Avoid acidic drinks and foods



Avoid foods requiring more chewing



Eat soft foods such as yogurt and ice cream



Rinse mouth with salt water

References:

- 1 Hand, foot, and mouth disease; NHS
- 2 Hand-foot-and-mouth disease; St. Clair Health