

Help Stop the Spread of Hand, Foot, and Mouth Disease

This contagious illness is caused by a virus and may result in fever, sore throat, sores in the mouth, and rashes on the hands and feet.

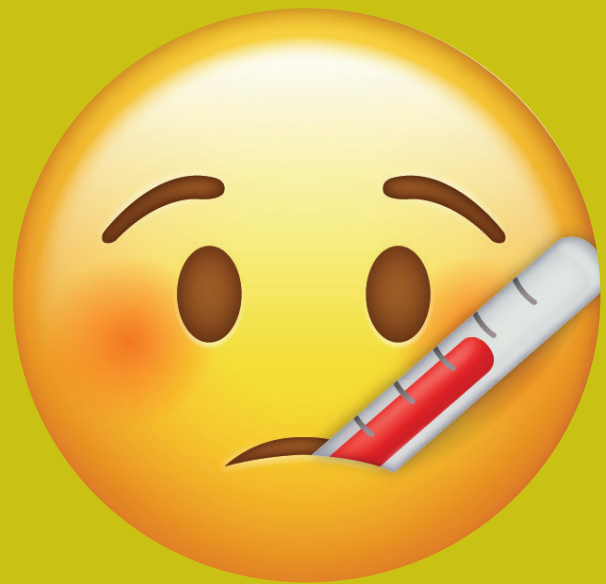
Wash your hands often: Use soap and water for at least 20 seconds, especially after using the toilet.

Avoid contact: Do not touch people with hand, foot, and mouth disease and do not share objects with them.

Clean your space: Disinfect frequently touched surfaces with disinfectant wipes or other products.

If you are sick, stay home: If you have a fever or open sores, don't go to class or other public places until your symptoms have resolved for at least 24 hours.

Most people will recover from hand, foot, and mouth disease in 7 to 10 days without medical treatment. If you are concerned about symptoms, contact the Student Health and Wellness Center at 410-516-8270.



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Wash your hands

Washing works

Washing your hands helps keep germs out of your body, away from your food, and off the things you touch (like door knobs and tables). Studies show this simple practice can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as colds and flu.

Do it right

1. Wash often, including before you prepare food or eat, after using the bathroom, after you blow your nose, cough or sneeze, and anytime they are dirty.
2. Use running water, rub your hands with soap, and scrub all the surfaces for at least 20 seconds.
3. Rinse under clean, running water and dry with a clean towel or air dryer



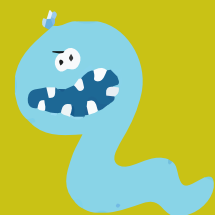
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ICK!

Germ on your hands can get into your body, onto your food, and all over the things you touch (and the things other people touch).

Washing your hands often and well— including scrubbing with soap for at least 20 seconds— can get rid of lots of germs and help stop many kinds of illnesses.



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