

# Public Health Advisory

## Increase in hand, foot and mouth disease cases in Kugluktuk

**May 1, 2025**

## Nunavut-wide

**90 sec**

An increased number of hand, foot and mouth disease cases are being reported in Kugluktuk. Hand, foot and mouth disease is a common viral illness that can affect all ages but is most reported in infants and children younger than five years old.

Symptoms include fever, blister-like sores in and around the mouth and a skin rash, especially on the palms of the hands, fingers, soles of the feet, buttocks and sometimes other places on the body.

Hand, foot and mouth disease spreads from person to person through nose and throat secretions, blister fluid or the stool of infected persons. Germs can get on a person's hands or other objects and then spread into someone's mouth, causing infection.

You can lower the risk of spreading infection by:

- Washing your hands often with soap and warm water, especially after changing diapers or using the bathroom.
- Disinfecting dirty surfaces and soiled items.
- Avoiding close contact such as kissing or sharing eating utensils or cups with infected people.

Hand, foot, and mouth disease will usually resolve itself within a few days. Infected children should be kept at home to prevent spreading the infection. If the child has the above symptoms, has a fever, and looks unwell, please visit your local health centre.

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