

The Maryland Department of Health (MDH) would like to make you aware of the recent increase in the number of hand, foot, and mouth disease (HFMD) outbreaks reported to the MDH. HFMD can occur at any time of year, but it is more common during summer and early fall.

As of October 22, 2025, there have been 276 HFMD outbreaks reported in 2025, compared to 48 in 2024, and 145 in 2023. Outbreaks reported in 2025 have occurred in a variety of youth settings, including daycare centers, schools, and camps.

The outbreak definition for HFMD is 3 or more cases in a classroom or identified group within a 7-day period. An outbreak is considered over when there are no new cases for 10 consecutive days. More information on outbreak definitions and reporting instructions can be found in the [MDH Outbreak Reporting Guide](#).

Steps to help control transmission of HFMD include:

- **Promote proper handwashing throughout the day**, specifically before and after eating, after using the restroom/changing diapers, and after recess. Monitor and assist younger children with this task. If soap and water are not available, then hand sanitizer containing at least 60% alcohol should be used.
- **Clean and disinfect high-touch surfaces, equipment, shared supplies, and toys** using a 1:10 bleach solution or an [appropriate EPA-registered disinfectant effective against enteroviruses](#). Be sure to follow the specific instructions for each disinfectant to ensure effectiveness.
- **Monitor for cases of HFMD**. Report suspected HFMD outbreaks to your [local health department](#) (LHD) and work with them to ensure all appropriate control measures are implemented.

As a reminder, individuals with HFMD should be excluded from school or childcare if they (1) have draining sores that cannot be covered, (2) have oral sores and are unable to control their secretions or hand to mouth behavior, and/or (3) have a fever.

We appreciate the work you do in response to HFMD outbreaks. Contact your LHD for questions regarding HFMD.

#### Resources:

- [MDH: HFMD Fact Sheet](#)
- [MDH: Communicable Disease Summary](#)
- [CDC: About HFMD](#)
- [CDC: About Handwashing](#)