

Reports of hand, foot and mouth disease have surfaced in La Crosse County children. It's an illness that causes sores in or on the mouth and on the hands, feet, and sometimes the butt and legs. The illness usually doesn't last more than a week or so.

We asked Christine Gillespie with the county health department if it's normal to see this virus now.

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Good advice for those who do have the disease is to take ibuprofen or Tylenol to help with fever and pain. It's also important to avoid foods with acid such as orange juice or spicy foods, which both can make mouth blisters even more painful. When in doubt, bland is best.