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Hand-foot-and-mouth disease — or HFMD for short — is an incredibly common ailment that affects hundred of thousands of people every single year.

Part of the reason it's so very common? It's highly contagious, and can spread easily from contact with saliva or mucus.

In other words, you can't get it from simply being in the same room as someone with the infection, but you can get it from a sneeze, a kiss, or a handshake.



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