

HERPANGINA



BASIC INFORMATION

DESCRIPTION

A virus of the mouth and throat. It may be mistaken for canker sores, strep throat, or herpes. It most often affects young children (1 to 10 years).

FREQUENT SIGNS AND SYMPTOMS

- Fever.
- Sudden sore throat, with redness, swelling, and painful swallowing.
- Tiny blisters in the affected areas. The blisters become small ulcers (open sores).
- General ill feeling.
- Vomiting and stomach pain (sometimes).

CAUSES

Infection from a virus (usually coxsackie) that is spread from person-to-person. Symptoms appear from 2 to 14 days (average time is 3 to 5 days) after being exposed. If blisters appear on the palms or soles, it is a different disorder called hand, foot and mouth disease.

RISK INCREASES WITH

- Summer and early fall seasons.
- Children in daycare or school where the infection is occurring.

PREVENTIVE MEASURES

- Cannot be prevented at present.
- Wash hands carefully to prevent its spread.
- Avoid close personal contact with infected persons, such as kissing or sharing food.

EXPECTED OUTCOMES

Rapid recovery in a few days to a week.

POSSIBLE COMPLICATIONS

There are usually no complications.



DIAGNOSIS & TREATMENT

GENERAL MEASURES

- Your health care provider usually diagnoses the disorder by an exam of the blisters in the mouth and throat.
- Usually no treatment is needed other than simple pain relievers.
- Careful handwashing is important to help prevent the infection from being spread to other children.

MEDICATIONS

- You may use nonprescription drugs, such as acetaminophen or ibuprofen, to relieve pain and fever. Don't give aspirin to children under age 18.
- Antibiotics do not help a viral infection such as this.

ACTIVITY

- Extra rest until the fever and sore throat disappear.
- A child may be kept at home from daycare or school for a few days if symptoms are present.

DIET

No special diet. Drink extra fluids, such as water, fruit ices, ice chips, or cool-gelatin solutions. Avoid acidic fruit juices, which irritate inflamed tissues.



NOTIFY OUR OFFICE IF

Your child has symptoms of herpangina.

Special notes:

More notes on the back of this page