



BASIC INFORMATION

DESCRIPTION

A viral inflammation of the mouth and throat. It may be confused with 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, inflammation and painful swallowing.
- General ill feeling.
- Vomiting and abdominal pain (sometimes).
- Tiny blisters (vesicles) in the affected areas. The blisters become small ulcers.

CAUSES

Infection from a virus (coxsackievirus) that is spread from person to person. Incubation period is usually from 2-7 days.

RISK INCREASES WITH

Summer and early fall seasons.

PREVENTIVE MEASURES

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

EXPECTED OUTCOMES

Spontaneous recovery in a few days to a week.

POSSIBLE COMPLICATIONS

Febrile convulsions.



TREATMENT

GENERAL MEASURES

- Diagnosis is usually determined by the characteristic oral lesions. Other routine laboratory blood tests may be recommended.
- Usually no treatment is necessary other than simple painkillers.
- Careful handwashing and sanitary disposal of excretions is important.
- Try to reduce high fever (with tepid sponge baths) that might cause dehydration.

MEDICATIONS

Medicine usually is not necessary for this disorder. You may use non-prescription drugs, such as acetaminophen, to relieve pain and fever.

ACTIVITY

Bed rest is necessary until the fever and sore throat disappear.

DIET

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



NOTIFY OUR OFFICE IF

Your child has symptoms of herpangina.