



## 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.