



Medical Care

Herpangina

WHAT IS IT?

- Also called mouth [blisters](#), is a painful mouth [infection](#) caused by [coxsackieviruses](#).

WHO CATCHES IT?

- Affecting mostly children. However, it occasionally occurs in adolescents and adults.

How serious is it?

- Most cases of herpangina occur in the summer.
- Sudden fever with [sore throat](#), headache, loss of appetite, and often neck pain.
- Within two days of onset an average of four or five 1 to 2 mm diameter grayish lumps form and develop into [vesicles](#) with red surrounds, and over 24 hours these become shallow ulcers, rarely larger than 5 mm diameter, that heal in one to seven days.
- These lesions most often appear on the tonsillar pillars (adjacent to the [tonsils](#)), but also on the soft palate, tonsils, uvula, or tongue.

CAN IT BE PREVENTED?

- Not really.
- Wash your hands frequently may help to protect against infection.
- Infectious children should avoid contact with other children.

WHEN CAN THE CHILD RETURN TO SCHOOL?

- It is believed that the child is infectious for about 7 days from when the first symptoms develop, though it may be possible that they are infectious before the onset of the symptoms. May return to school after 7 days or as per doctor's instructions.