



MID-JERSEY PEDIATRICS

www.midjerseypeds.com

**33 Brunswick Woods Drive
East Brunswick, NJ 08816
(732) 257-4330**

**25 Kilmer Drive,
Building #3, Suite 107
Morganville, NJ 07751
(732) 972-6888**

COXSACKIE VIRUS INFECTIONS

The Coxsackie A Virus, which typically affects children age 6 months to 4 years during the warm months of the year, causes two distinct clinical syndromes:

Herpangina is characterized by the onset of low-grade fever, fatigue, sore throat and decreased appetite followed by the development of shallow ulcers in the mouth.

Hand, Foot and Mouth Disease has the same characteristics as Herpangina, in addition to an associated rash that develops on the palms and soles consisting of small red spots or blisters. Blisters or red spots may also occur on the buttocks, especially in children wearing diapers.

Expected Course

The fever and discomfort usually last 3 to 4 days. The mouth sores resolve in 7 days, but the rash on the hands and feet may last 10 days.

Treatment

Diet - Since your children may refuse to drink because of the mouth ulcers. You must watch their fluid intake carefully to prevent dehydration. This is particularly important for infants. Avoid giving citrus, salty or spicy foods as well as foods that are crunchy or need much chewing. Change to a soft diet for a few days and encourage plenty of clear fluids. Cold drinks, popsicles and sherbets are good choices. Have your child rinse the mouth with warm water after meals.

Medication - You can give Tylenol for pain or fever. Your doctor may recommend a medication or rinse for relief of the oral pain.

Contagiousness

Herpangina or Hand, Foot and Mouth Disease are very contagious; the incubation period after contact is 2 to 6 days. If possible, avoid kissing and sharing glasses and utensils. Because the spread of infection is extremely difficult to prevent and the condition is harmless, children do not need to be isolated and can return to school or daycare 24 hours after the fever resolves.