Your child may have been exposed to:

Herpes (Cold Sores)

Herpes simplex is a viral infection that may cause sores in the mouth or on the lips and face. The sores are commonly called cold sores.

If you think your child has Cold Sores:

- Tell your childcare provider or call the school.
- **Need to stay home?**

  Childcare:

  First infection: Yes, as long as young children that drool have active sores. They can return when the sores in the mouth have healed.

  Recurring infections: No.

  School:

  No.

Symptoms

The first time a child is infected, there may be blister-like sores inside the mouth and on the gums. A child may have a fever and be fussy. The cold sores and fever blisters may occur many times in a person's life.

If your child is infected for the first time, it may take 2 to 14 days for symptoms to start.

Spread

- By having direct contact with saliva, commonly by kissing.
- By touching the fluid from the blisters or sores.

Contagious Period

First infection: up to 2 weeks, sometimes longer.
Recurring infection: usually 3 to 5 days.

Call your Healthcare Provider

- If anyone in your home has symptoms of oral herpes infection.

Prevention

- Remind children not to touch the sores.
- Wash hands after touching anything that could be contaminated with secretions from the mouth or the sores. Your child may need help with hand washing.
- Clean and disinfect objects that come in contact with the sores or secretions from the mouth. Use a product that kills germs.
- DO NOT kiss a person with sores on or near the mouth.
- Use a cotton-tipped swab to apply medication.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Prepared by Hennepin County Human Services and Public Health Department (HSPHD)

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