



# Children's poxvirus diseases and their treatment



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## Hand, foot and mouth disease

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- An infection causing a fever as well as spots and blisters in the mouth, on hands and feet and on the buttocks. The symptoms may also include a sore throat and stomach ache.
- The most common symptom of hand, foot and mouth disease is a “normal” cold. Sometimes, hand, foot and mouth disease can cause high fever, headache and a stiff neck.
- It is important to wash your hands to keep the disease from spreading. A mild form of the disease usually lasts under a week and heals on its own.

### SEE A DOCTOR:

If the fever is high, the headache is strong or the neck is very stiff, hospital examinations are needed.

### WHEN TO RETURN TO DAY CARE?

As the disease is very infectious, its spreading cannot be prevented in daycare centres. It is usual for several children to fall ill at once. The child must stay at home until the fever has passed or until they can participate in the daycare activities without requiring special attention.

## Chickenpox

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- Chickenpox is a contagious infection caused by a virus. It resolves itself in about one week.
- Chickenpox is an airborne disease and can spread through droplets and contact. Even a short stay in the same room with an infected person may spread the disease.
- Contagion starts 1–2 days before the blisters become visible and ends when the blisters scab over. An infected child should not attend day care until the blisters have healed.
- Chickenpox usually starts with a fever, headache and loss of appetite. The first symptoms include red spots or bumps that turn into blisters. The blisters scab over after 3–4 days. The infected person simultaneously suffers from itching, red spots, bumps, blisters and scabs.
- Keeping the hands clean is important as scratching may cause a bacterial infection in the skin. A bacterial infection requires medication.
- Chickenpox is prevented with vaccinations.

### WHEN TO RETURN TO DAY CARE?

No sooner than 5 days after the last blisters have burst.

## **Fifth disease**

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- Fifth disease is a contagious infection caused by a virus. It resolves itself in about 1–3 weeks.
- Droplet and contact infection.
- Symptoms include low fever, headache, sore muscles and joints and flushed cheeks. Next, a rash spreads from the torso to the limbs.
- The rash lasts for 1–3 weeks.
- Absence from day care for the duration of the illness. The illness is not contagious after the rash begins.

## **Scarlet fever**

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- Scarlet fever is a bacterial droplet and contact infection.
- Symptoms include a sore throat, fever, flushed throat, coating on tonsils, red tongue and flushed cheeks, paleness around the mouth, coarse rash on the body and vomiting
- A throat swab is taken from the infected person and antibiotics are prescribed, if necessary.
- Absence from day care for the duration of the illness. At least 24 h after starting the course of antibiotics.

### **References:**

- [https://www.terveyskirjasto.fi/terveyskirjasto/tk.koti?p\\_artikkeli=skl00022](https://www.terveyskirjasto.fi/terveyskirjasto/tk.koti?p_artikkeli=skl00022)