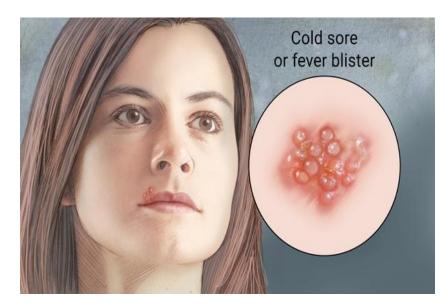
Cold Sore Guidelines

WHAT IS A COLD SORE?

A cold sore, also known as herpes labialis, is an infection with the herpes simplex virus around the border of the lips that cause tiny fluid filled blisters.

COMMON SIGNS & SYMPTOMS

- Fever
- Irritability
- Blisters in mouth
- Blisters on gums
- Blisters on lip
- Burning, tingling sensation
- Pink eyes (conjunctivitis)
- Inflammation of cornea (keratitis)



CONTAGIOUS TIME PERIOD:

2-7 weeks after symptoms appear. The virus is able to shed without symptoms.

TIME FROM EXPOSURE TO SYMPTOMS:

2 days to 2 weeks

SPREAD BY:

Direct contact with open sores or saliva of infected person.

TREATMENT / SELF-CARE:

Cool compresses, anti-inflammatory medications such as Ibuprofen, analgesics such as Acetaminophen to relieve pain. An antiviral may be prescribed by a medical provider.

ACTION AT SCHOOL:

Exclude the child from school until fever-free (99.9 F or below) for 24 hours without the use of any fever reducing medications. If no fever is present, students can stay in school if they are able to control their oral secretions.

CONSIDERATIONS AND PREVENTION MEASURES:

Practice good hand hygiene. Avoid kissing, sharing drinks, or utensils. Use proper disinfectant on surfaces and toys. Change your toothbrush.