

# 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.