



## **Coxsackie**

Coxsackie is an infection with a virus. Other names include: *Herpangina* or *Hand Foot and Mouth Disease*

It may have any of the following **characteristics**:

- Fever: may be high and long-lasting
- Congestion and cough
- Sore throat or sore mouth, often with blisters or ulcers, lasting as long as 5-7 days
- Belly pain, vomiting or diarrhea
- Conjunctivitis (pink eye)
- Rash: can be flat or slightly raised spots, or can be blisters or ulcers
- Most common in warm weather
- Several types of coxsackie virus occur, so a child may get it more than once.

**Spread by:**

- Respiratory secretions: saliva, nasal mucus, cough
- Stool
- Viruses can survive on surfaces for many hours
- Cannot infect pets

**Incubation period:**

- 3-6 days
- Contagious until fever is gone and rash is faded or ulcers have healed

**Treatment:**

- Antibiotics do not help since coxsackie is a virus
- Treatment is for comfort

**Home Care:**

- Good hand washing and best possible control of secretions
- Fever control for comfort (the fever is not dangerous) Use ibuprofen or acetaminophen (Tylenol), not aspirin
- Pain control for sore throat, etc Use ibuprofen or acetaminophen (Tylenol), not aspirin
- For sore throat or mouth, avoid salty, spicy or crunchy foods
- Liquids are more important than solids; child may prefer liquids warmed or cooled – either is OK
- Be sure child urinates at least three times per day
- Do not use hydrocortisone cream on the rash
- Benadryl by mouth if needed for itch