

## Treatments

Current drugs do not cure the disease but reduce the duration of symptoms in times of attack.

Antivirals exist in several forms (ointment, oral or intravenous) and are useful in case of early diagnosis or in vulnerable people.

Depending on the type of herpes, the areas affected and the frequency of episodes, the doctor will evaluate the different types of treatments for your child:

Treatment of the acute episode  
Treatment per episode  
Suppressive therapy (continuous)

## Calendar of episodes

In order to determine the best type of treatment according to your child's profile of recurrent infections, the doctor will ask you to note the episodes, the symptoms and the associated medication taken in the last few months.

To do so, a document called "Calendar of episodes" will be given to you to facilitate the counting of episodes.

## When to consult a doctor ?

- vesicles around the eyes
- pain in or around the eyes
  - high fever
  - confusion
- behavior changes
- difficulty drinking
- vesicles on the body drunk (baby or child)
- immune system weakened

## For more information

If questions or concerns have not been answered by this leaflet, do not hesitate to contact us:

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Juillet 2023

# Herpes simplex virus infection



INFORMATION FOR PARENTS



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*Pour l'amour des enfants*

Université   
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SERVICE DES  
MALADIES INFECTIEUSES

## " Cold sores "

Your child has repeated herpes infections. This information leaflet will help you better understand this health problem in your child.

### **Herpes simplex virus**

Herpes simplex viruses can be type 1 or type 2.

Herpes simplex virus type 1 most often causes an infection called: gingivostomatitis. It manifests as lesions or small pimples on the skin or mouth often filled with clear fluid (vesicles). These pimples can sometimes become crusty or be accompanied by fever, redness or ulcers in the gums or difficulty in eating

Infections caused by this virus can lead to complications in vulnerable people, such as children with an immune deficiency, infants and children with eczema.

Herpes simplex type 2 virus is usually associated with a genital infection and is sexually transmitted. This leaflet will not deal with this type of herpes.

Cold sore is a common infection characterized by a blistering rash (cold sores) on the lips and around the mouth.

After primary (usually more severe) gingivostomatitis, the virus remains in a latent (dormant) form and may resurface weeks, months, or years later. Herpes labialis is the manifestation of this virus that wakes up. It is a mild infection, but it can be unpleasant and painful. A large proportion of the population carries this virus (>95% in adults).

### **Symptoms**

The symptoms of herpes are associated with the presence of vesicular lesions often grouped in a "bouquet". These progress through four stages:

1. Itching and tingling called prodrome.
2. Slight swelling of the lip and appearance of a papule (small pimple).
3. Papule progressing to vesicle containing clear fluid
4. Drying of the vesicles to then form scabs.

On average, the symptoms last between 7 to 14 days.

### **Transmission**

The herpes virus is transmitted by direct contact with saliva or skin lesions. The person is contagious from the beginning (prodrome) until all the lesions are crusted.

### **Basic Precautions**

Basic precautions help limit the risk of self-inoculation, which can bring the virus to very sensitive areas at risk of complications (genital or ocular herpes). Here are some tips when lesions appear:

- ✚ Wash your hands regularly.
- ✚ Do not scratch the lesions or rub your eyes or other parts of the body (genitals).
- ✚ Do not share kisses (even on the on the cheeks).
- ✚ Use sunscreen.
- ✚ Do not share certain items such as utensils, lip balm, toothbrush, etc...
- ✚ Avoid contact with infants, children who have eczema or who have an immune deficiency.