



COLD SORES

COMMON CHILDHOOD AILMENTS

SYMPTOMS

Cold sores are caused by a virus called herpes simplex. A cold sore usually starts with an itching, tingling or burning feeling. A more painful blister/blisters will appear over the next 48 hours. Cold sores will be filled with fluid and will crust over into a scab.



INCUBATION

Cold sores usually clear up on their own within 10 days. They are contagious from the moment you first feel the tingling. They can be spread to other people and to other parts of your body.



TREATMENT

Wash hands thoroughly after touching the cold sore.
Do not kiss anyone whilst you have a cold sore.
Antiviral creams are available from the pharmacy.
Your GP may prescribe antiviral tablets.



TOP TIPS

Pregnant women, babies and anyone with a weakened immune system may be referred to the hospital for advice or treatment.

Do not kiss babies when you have a cold sore as this can lead to neonatal herpes which can be dangerous.

**IMPORTANT**

FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111