



Warts

CAUSE and DEFINITION:

Warts are tiny, firm bumps on the skin caused by viruses from the human papillomavirus (HPV) family. Warts are contagious and commonly found in school-aged children. They rarely occur in children younger than 2 years.

CHARACTERISTICS:

- Skin warts are dome shaped with a rough appearance and most often they are found on the hands, including near or under the fingernails; toes; face; and around the knees.
 - Small, fleshy, grainy bumps
 - Rough to the touch
 - Sprinkled with black pinpoint, which are small, clotted blood vessels
- Warts also can occur on the soles of the feet, where they are often flat and painful. Your child may say she feels like she is walking on a pebble. Doctors refer to these manifestations as plantar warts.

INCUBATION / CONTAGION:

- Common warts are caused by a virus and are transmitted by touch. It can take a wart as long as two to six months to develop after your skin has been exposed to the virus

MODE OF TRANSMISSION & CONTROL:

Avoid direct contact with warts. This includes your own warts.

- Don't pick at warts. Picking may spread the virus.
- Don't use the same emery board, pumice stone or nail clipper on your warts as you use on your healthy skin and nails. Use a disposable emery board.
- Don't bite your fingernails. Warts occur more often in skin that has been broken. Nibbling the skin around your fingernails opens the door for the virus

HOME MANAGEMENT:

- Parents are encouraged to check with your child's doctor before beginning any wart treatment. There are over the counter treatment options available.
- Contact your child's physician:
 - if the growths are painful or change in appearance or color
 - You've tried treating the warts, but they persist, spread or recur
 - The growths are bothersome and interfere with activities
 - You aren't sure whether the growths are warts

RETURN TO SCHOOL:

- No need to stay home unless your child cannot participate in school activities.
- Cover with clean bandage or clothing.