

Enteroviral exanthems

These are **non-specific diseases** caused by different serotypes of **enteroviruses**:

- Coxsackie A and B
- ECHO viruses
- Polioviruses ^[1]

General information

- *mode of transmission*: **fecal-oral route** (sometimes also via air)
- *incidence*: mainly in **summer** and **autumn** ^[1]
- affects young children more often
- *incubation period*: **3-7 days**

Clinical picture

- manifestations are highly variable:
 - **meningoencephalitis** - aseptic meningitis + rash (may resemble meningococcal sepsis) ^[1]
 - **pleurodynia**
 - **myocarditis**
 - **hand-foot-mouth disease** - painful blisters on the hands, feet, mouth and tongue
 - **herpangina** - blisters and sores on the soft palate and uvula ^[1]
 - **poliomyelitis (polio)** - eradicated due to effective vaccination ^[1]
- **fever**, sometimes with catarrh, **vomiting** or **diarrhea**
- soon after, there is a **rash** similar to measles or rubella - usually **it is not itchy**
- fever lasts for about 3 days, the rash disappears within 3-7 days

Differential diagnosis

- we must distinguish it from:
 - measles
 - allergic rash
 - Petechiae in meningococemia (presence of meningococci in the blood)

References

Citations

1. TASKER, Robert C., Robert J. MCCLURE and Carlo L. ACERINI. *Oxford Handbook by Pediatrics*. 1st edition. New York: Oxford University Press, 2008. pp. 688. ISBN 978-0-19-856573-4 .