

# Herpangina

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**Herpangina** is an infectious enanthemous disease caused by the **Coxsackie viruses A** (types 1-10, 16, 22) or B (types 1-5)<sup>[1]</sup>. It typically occurs in the summer months and mainly affects older children and adolescents <sup>[1]</sup>.

## Epidemiology

The **route of transmission** is fecal-oral (unwashed hands contaminated with feces) or respiratory tract secretions.

**Incubation period** is 1-10 days. Permanent immunity to a specific type of virus develops after the disease, but since there are over 20 types of coxsackieviruses, recurrence of infection with another type of virus is possible.

## Clinical picture

After the incubation period, there is a sudden febrile (up to 40 °C), non-specific symptoms such as fatigue, loss of appetite and headaches. This is accompanied by a sore throat and difficulty swallowing. Grey-white vesicles appear on the soft palate, uvula and tonsils, which turn into small ulcers with a red border. There is diffuse erythema on the back wall of the pharynx. The lymph nodes may or may not be enlarged. The lesions heal without complications within 4-6 days.



Herpangina



Ulcerative herpangina

## Differential diagnosis

- Gingivostomatitis herpetica - unlike gingivostomatitis, the manifestations of herpangina do not occur on the gums and usually not even on the hard palate<sup>[1]</sup>,
- thrush (thrush).

## Therapy

Treatment is symptomatic (mouth rinses, analgesics).

## Links

### References

- ŠTORK, Jiří, et al. *Dermatovenerology*. 1. edition. Praha : Galén, 2008. 502 pp. pp. 128-129. ISBN 978-80-7262-371-6.

### References

1. BENEŠ, Jiří, et al. *infectious medicine*. 1. edition. Galén, 2009. 651 pp. pp. 403. ISBN 978-80-7262-644-1.