

Your child may have been exposed to:

## Herpes Gladiatorum

Herpes gladiatorum is a viral skin infection that occurs frequently among wrestlers. It is not a sexually transmitted disease.

### If you think your child has Herpes Gladiatorum:

- Tell the coaches and school health staff.

#### No Contact Sports:

Until all sores are dry and scabbed. Follow your healthcare provider recommendations and the specific sports league rules about when to return to practice and competition.

### Symptoms

A single blister or a cluster of blisters (fluid-filled bumps) may be the only symptom. The bumps are usually on exposed areas of the head, neck, and shoulders. Sometimes, fever, sore throat, swollen lymph nodes or burning or tingling of the skin may be present before the blisters appear. Blisters will eventually scab and crust.

If your child is infected, it may take 2 to 14 days for symptoms to start.

### Spread

- By skin to skin contact or touching saliva. Usually spreads during sports with close physical contact or during sports that tend to cause skin abrasions.

### Contagious Period

Until all sores are dry and scabbed. *Herpes gladiatorum* infections can recur throughout life.

### Call your Healthcare Provider

- ◆ If anyone in your home has symptoms. Your doctor will decide what treatment is needed.

### Prevention

Inform parents/guardians and coaching staff:

- If you have blisters and/or sores.
- If you have had this infection before and develop burning or tingling at the site where the infection was before.

#### **General Hygiene:**

- DO NOT pick or squeeze skin sores; drainage is very infectious.
- Avoid touching your eyes, nose, or mouth with your hands.
- Clean your hands with warm water and liquid soap before and after practice and competitions.
- **Shower at school after practice or competition.** Use your own plastic bottle of liquid soap. Wash your towel after each use, using hot water with detergent (and bleach if possible); and dry on high heat setting.
- **Change clothes and clean equipment daily.** Clean equipment with the same soap you use for showering.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.