

WARTS

Warts are skin growths caused by a virus. Common and flat warts are seen most often in younger children and plantar warts in school-aged children.

CAUSE	Human papillomavirus	
SYMPTOMS	Common	Dome-shaped and have a rough appearance. They usually grow on the fingers, on the backs of the hands, and around or under the nails but may be more common where skin is broken (e.g., bitten fingernails or picked hangnails). Black dots in a wart are produced by broken blood vessels.
	Plantar (foot)	Usually seen on the bottoms of the feet. Most of these warts flatten because the pressure of walking pushes them back into the skin. They can be very painful. They may also have black dots.
	Flat	Smaller and smoother than other warts. They tend to grow in large numbers (20 to 100) at a time and can grow anywhere. In children they are most common on the face and extremities. They are found in the beard area of men and on the legs of women.
SPREAD	Spread from person to person through close contact, sometimes indirectly from contaminated objects, such as locker room floors, showers, or pool decks. The virus more easily enters the body through an area of skin that is moist, peeling, or cracked.	
INCUBATION	It can take from several months to years for symptoms to begin.	
CONTAGIOUS PERIOD	Unknown; probably as long as the wart is present.	
EXCLUSION	<u>Childcare and School</u> : None.	
DIAGNOSIS	Recommend parents/guardians call their health care provider.	
TREATMENT	Based on the type of wart.	
PREVENTION/CONTROL		

- Wash hands thoroughly with soap and warm running water after touching the warts of an infected person. **Thorough handwashing is the best way to prevent the spread of communicable diseases.**
- Discourage children from biting their nails or picking their hangnails.
- Encourage students to do basic first aid when they have an injury (e.g., cut or scrape), if appropriate for age group.
- Encourage children to wear shower shoes (e.g., flip-flops or water sandals) in locker rooms and showers or on pool decks.
- Do not allow sharing of personal items such as towels, razors, or nail clippers.

Your child may have been exposed to:

Warts

Warts are skin growths caused by a virus. Common and flat warts are seen most often in younger children and plantar warts in school aged children.

If you think your child has warts, tell your childcare provider or call the school.

Children with warts do not need to stay home.

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

Symptoms

Common - Dome-shaped and have a rough appearance. Usually seen on the fingers, on the backs of the hands, and around or under the nails. They may be more common where your child has bitten fingernails or picked hangnails.

Plantar (foot) - Usually seen on the bottoms of the feet. Most of these warts flatten because the pressure of walking pushes them back into the skin. They can be very painful.

Flat - Smaller and smoother than other warts. They tend to grow in large numbers (20 to 100) at a time. They can grow anywhere on the body, but are usually found on the face and arms or legs of children.

If your child is infected, it may take several months to years before symptoms start.

Spread

- From person to person by close contact.
- By touching contaminated objects, such as locker room floors, showers, or pool decks.

Contagious period

Probably as long as the wart is present.

Call your health care provider

- Your doctor will decide if treatment is needed.

Prevention

- Avoid biting your nails or picking your hangnails. Keep nails trimmed.
- Take care to keep feet and hands clean and dry. Do basic first aid when an injury (cut, scrape, etc.) occurs.
- Wear shoes like flip-flops or water sandals in locker rooms, showers, or on pool decks.
- Avoid sharing personal items such as towels, razors, or nail clippers.
- Clean and disinfect contaminated areas. Use a product that kills germs.