

A cold sore is an infection of the skin or mucous membranes, caused by the herpes simplex virus. A cold sore is a group of blisters upon or around the lips. A cold sore is dangerous for a baby.

What are the symptoms of cold sores with a baby?

The following symptoms may occur when a baby:

- Has blisters upon or around the mouth
- Is suffering from pain in the mouth
- Has fever
- Is drinking in a bad way
- Is suffering from drowsiness
- Has swollen lymph nodes
- Has a sore throat

The symptoms may also occur very mildly, sometimes you will not even notice them. The baby will be better within seven till ten days, but the virus will always stay in his body during life .

What to do to prevent:

People who are suffering from a cold sore and want to come to visit, could better wait until the cold sore has healed completely. In case visitors appear to have a cold sore upon entry, let them wash their hands and let them not come close to the baby or touching it.

The next rules apply for the parents:

- Wash hands before everything you do with the baby (like changing nappies, wiping the mouth and feeding)
- The care should be provided as much as possible by the other parent
- Wearing a surgical mask during feeding is recommended
- Do not kiss the baby and cuddle nearby the face

The probability a baby under 6 months will gain a cold sore is small, because of the antibodies he inherited from his mother, but alertness is definitely recommended. If the baby has been in contact with a cold sore definitely mention this to the doctor in case the baby is getting ill. It is best to consult a doctor in case of above mentioned symptoms or when you are in doubt.



