

Viral Exanthem

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► Exanthem (exanthema)

- Rash that appears abruptly and affects several areas of the skin simultaneously
- Greek origin (exanthema) which means a breaking out

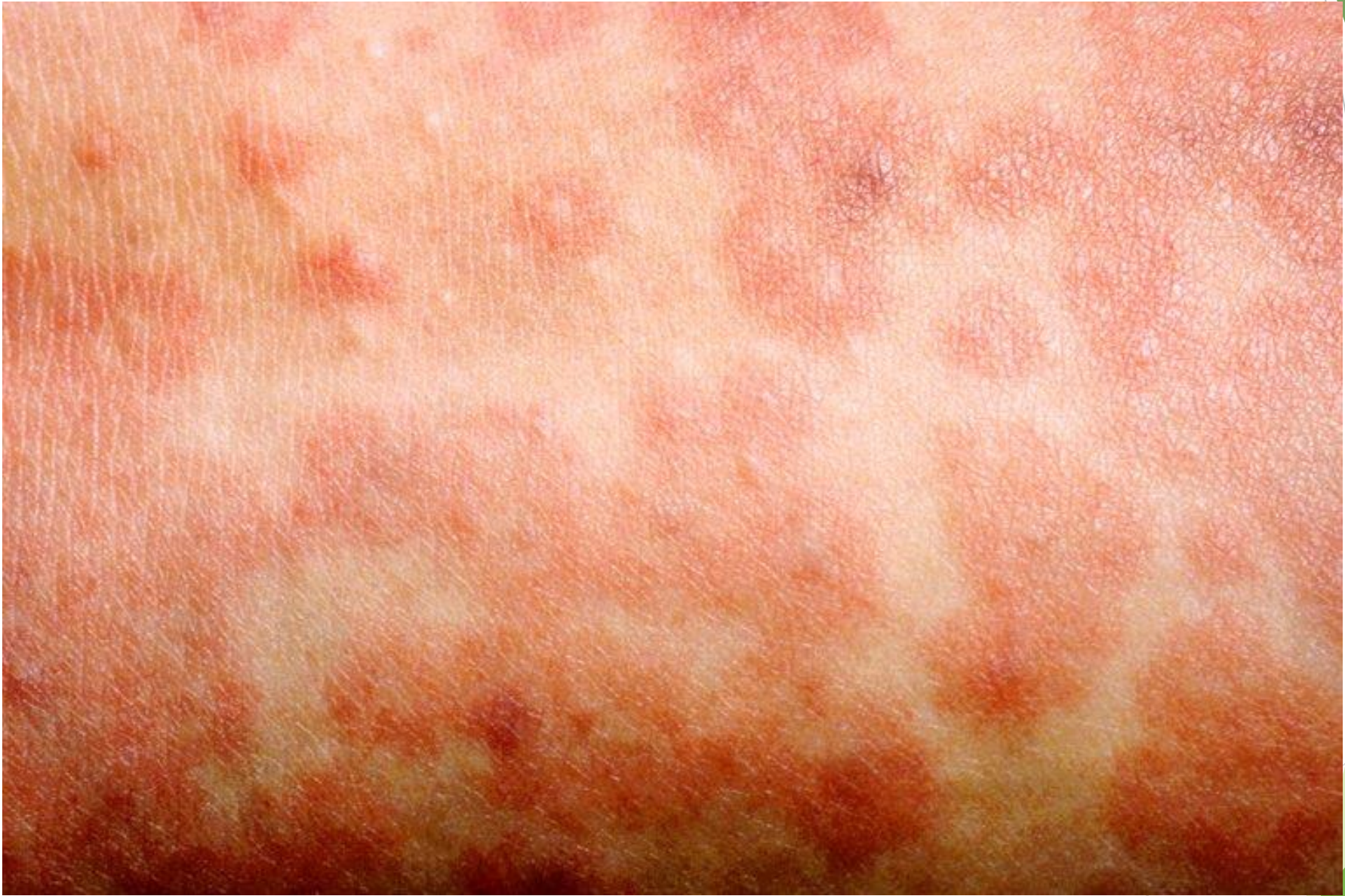
► Enanthem (enanthema)

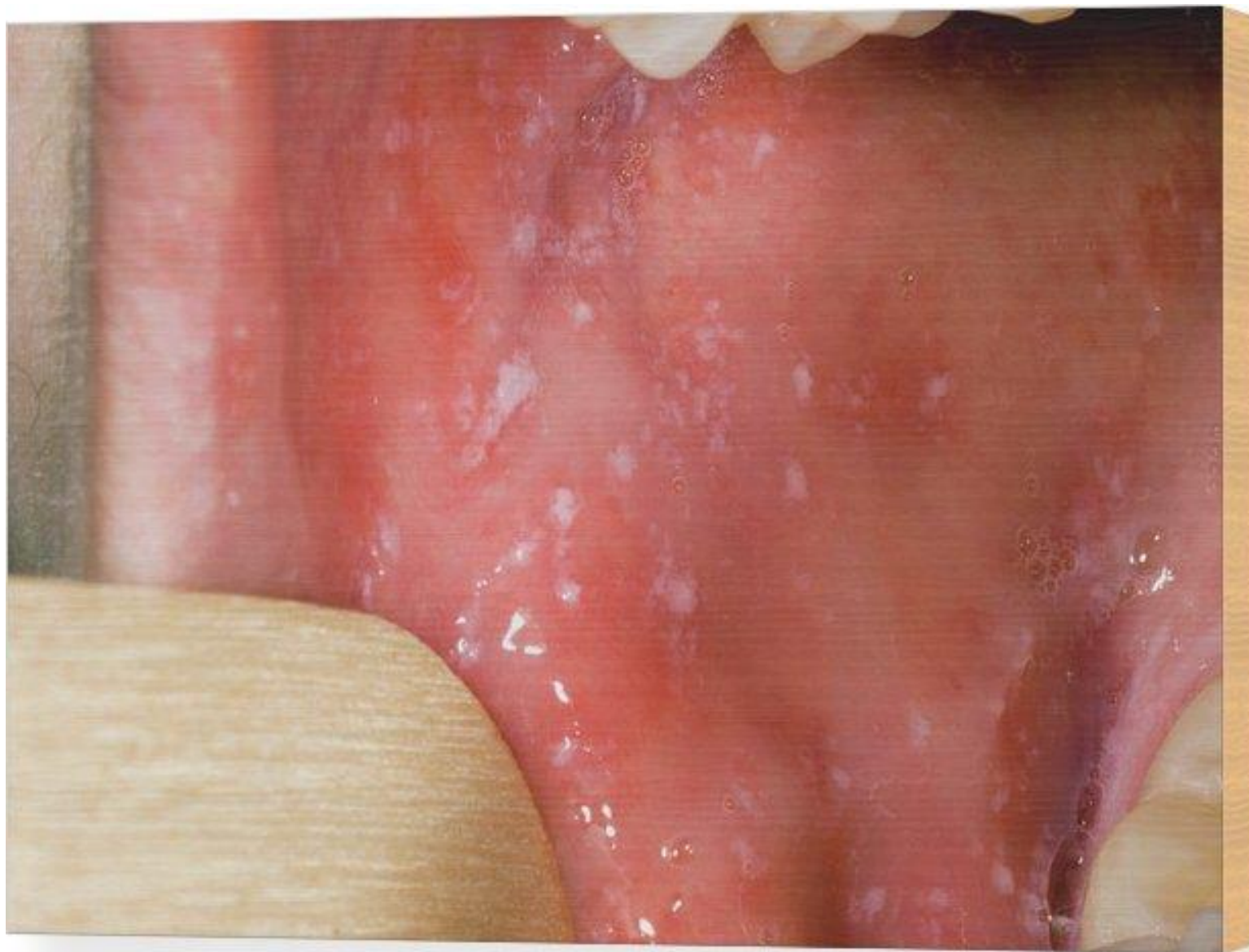
- An eruption upon a mucous membrane

- ▶ Morbiliiform which means composed of erythematous macules and papules that resemble a measles rash
- ▶ Difficult to distinguish from drug eruption

- ▶ Macule < 1cm & Patch > 1cm
- ▶ Papule < 1cm & Plaque > 1cm
- ▶ Nodule small/deep & Tumor big
- ▶ Petechiae < 3mm & Purpura > 3mm
- ▶ Vesicle < 1cm & Bullae > 1cm
- ▶ Pustule = pus
- ▶ Wheel = comes and goes
- ▶ Enanthem = MM + Exanthema

- ▶ Measles (first disease)
- ▶ Scarlet fever (second disease)
- ▶ Rubella (third disease)
- ▶ Dukes Disease (fourth disease)
- ▶ Erythema Infectiosum (fifth disease)
- ▶ Exanthum subitem (sixth disease)







Measles

- ▶ Incubation 10 days
- ▶ Symptoms : prodromal symptoms such as fever, conjunctivitis and coryza , cough, photophobia
- ▶ Signs: *non-pruritic erythematous macules and papules in a patterned distribution* with a cephalocaudal spread, Koplick Spots(early).
- ▶ Contagious 4 days prior to the rash till 4 days after eruption of the rash
- ▶ Spread: droplet

Measles

- ▶ Complications :

- ▶ CNS
- ▶ Gestational
- ▶ Pneumonia
- ▶ Ophthalmic

- ▶ Treatment :

- 1- vitamin A
- 2- IVIg
- 3- Vaccination





Rubella (German Measles)

- ▶ Incubation 14-21 days , winter and spring
- ▶ Symptoms: malaise, headache , sore throat, coryza
- ▶ Signs: starts with tender lymphadenopathy, then 1-5 days post prodromal symptoms develop *Discrete Pink/Red Fine Maculopapular*, Starts on Face, Spreads cephalocaudal, Rapid spread , clears in 2-3 days.
- ▶ Spread: Droplet

Rubella (German Measles)

- ▶ **Complications:**

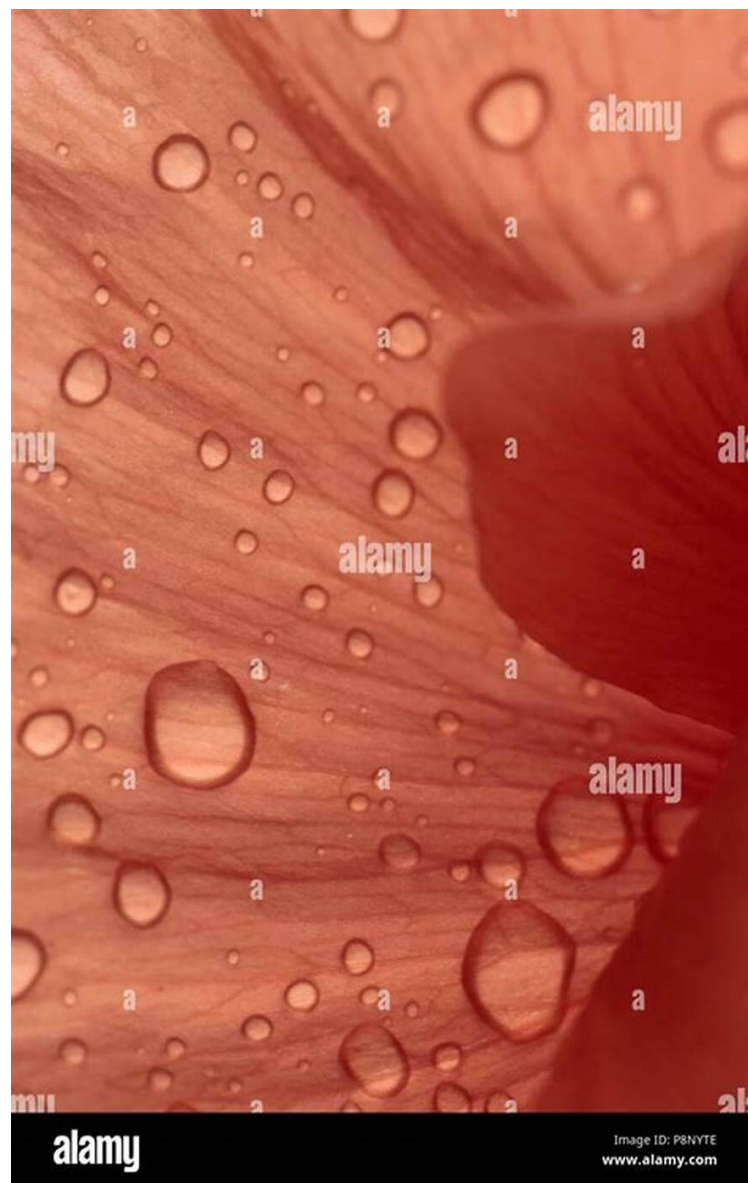
- ▶ Congenital; First trimester highest risk of teratogenicity, last trimester highest risk of infection.

- ▶ **Treatment:**

- ▶ Supportive.
 - ▶ Immunize







Varicella (Chickenpox)

- ▶ Incubation: 10-21 days
- ▶ Symptoms: Fever , Headache, Malaise
- ▶ Signs: 1-2 days post prodromal symptoms, rapid appearance of *Tiny Erythematous Papules* changes to *Vesicles with red Halos*, Pruritic.
- ▶ Spread: Airborne

Varicella (Chickenpox)

- ▶ Complications
 - ▶ Secondary bacterial infections
 - ▶ Pneumonia
 - ▶ CNS
- ▶ Gestation
 - ▶ Risk of teratogenicity if in the first half of pregnancy.

Varicella (Chickenpox)

▶ Treatment:

- ▶ Antiviral therapy if early, consider presumptive therapy
- ▶ Avoid
- ▶ Immunize

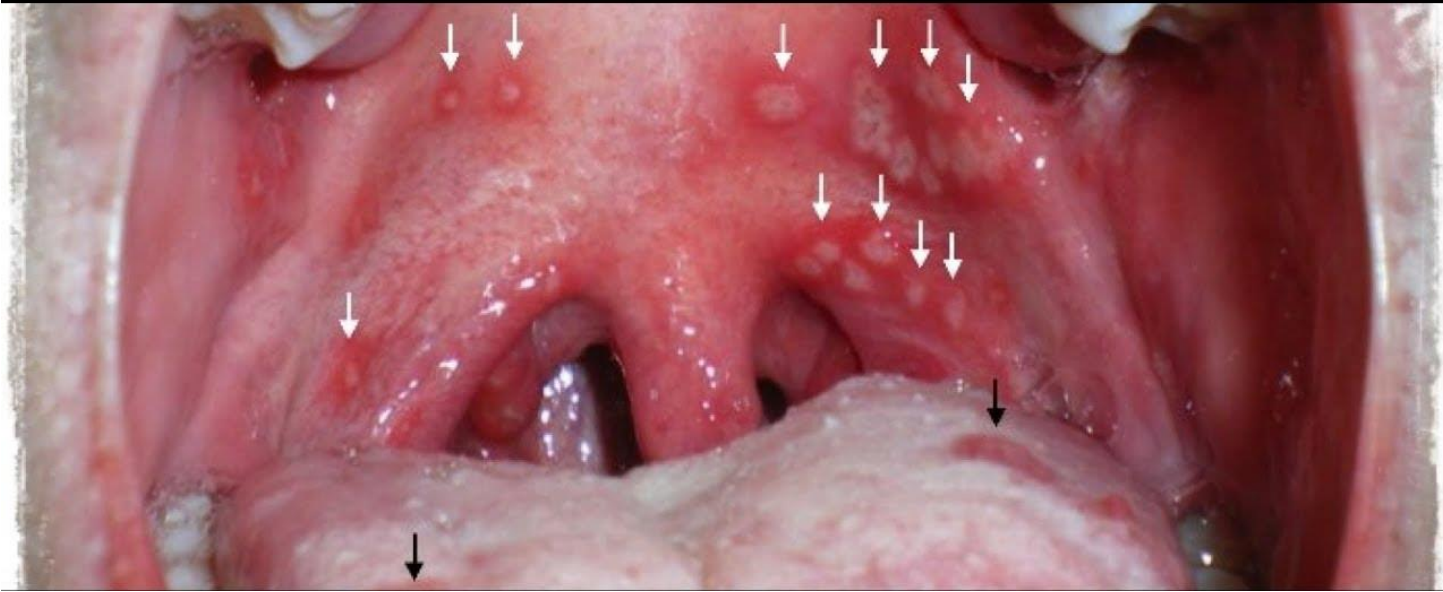
▶ Exposure:

- ▶ Give prophylaxis (Varicella IVIg) if exposure to:
 - ▶ Immunocompromised patient.
 - ▶ Neonborn with infected mothers
 - ▶ Premature, Very low birth weight.
- ▶ Within 4 days of exposure.









Hand-Foot-Mouth (Coxsackie)

- ▶ Incubation : 4 to 6 days.
- ▶ Coxsackie virus mostly , might be from Enterovirus , Echovirus
- ▶ Symptoms: Fever, Malaise, Sore Mouth, Anorexia.
- ▶ Signs: *Oral Shallow Yellow Ulcers with Red Halos and Oval shaped vesicles with erythematous halos.*
- ▶ Might involve buttocks
- ▶ Complications: Aseptic meningitis, Myo/Pericarditis
- ▶ Treatment: Supportive.



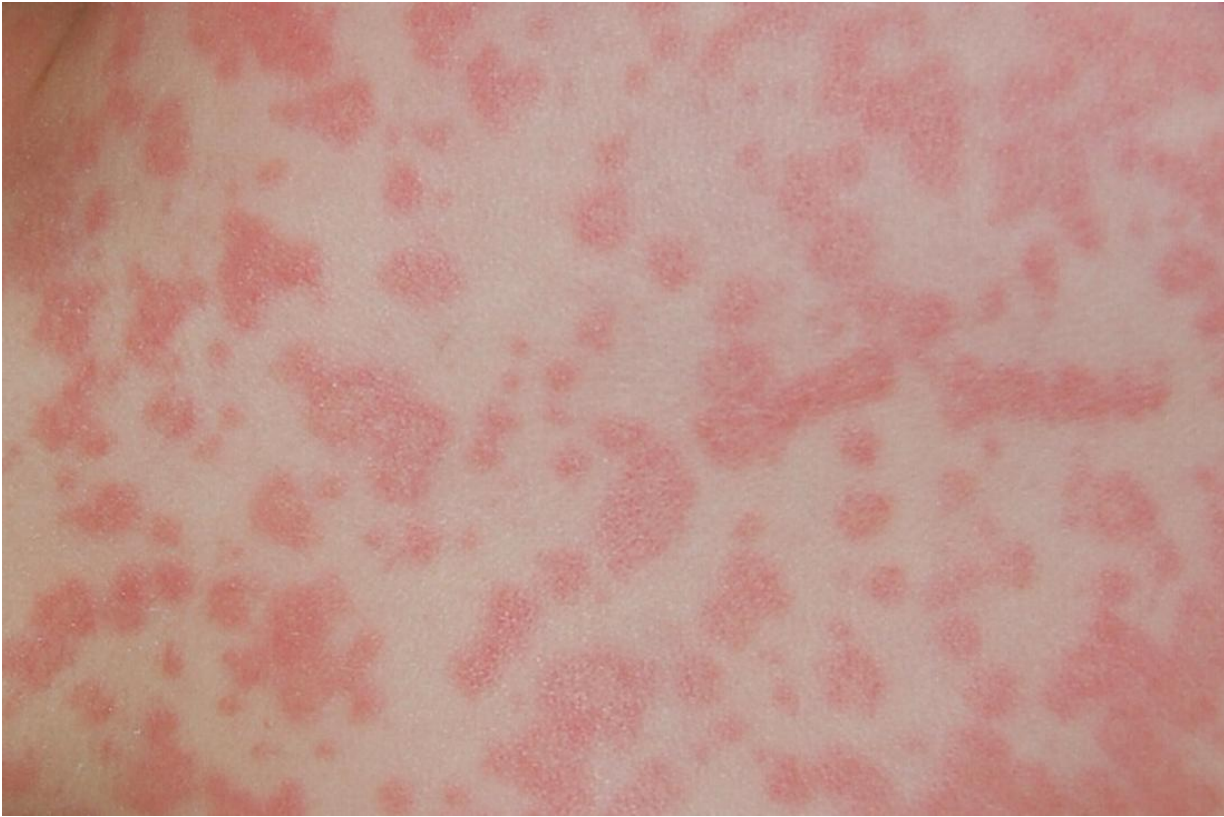


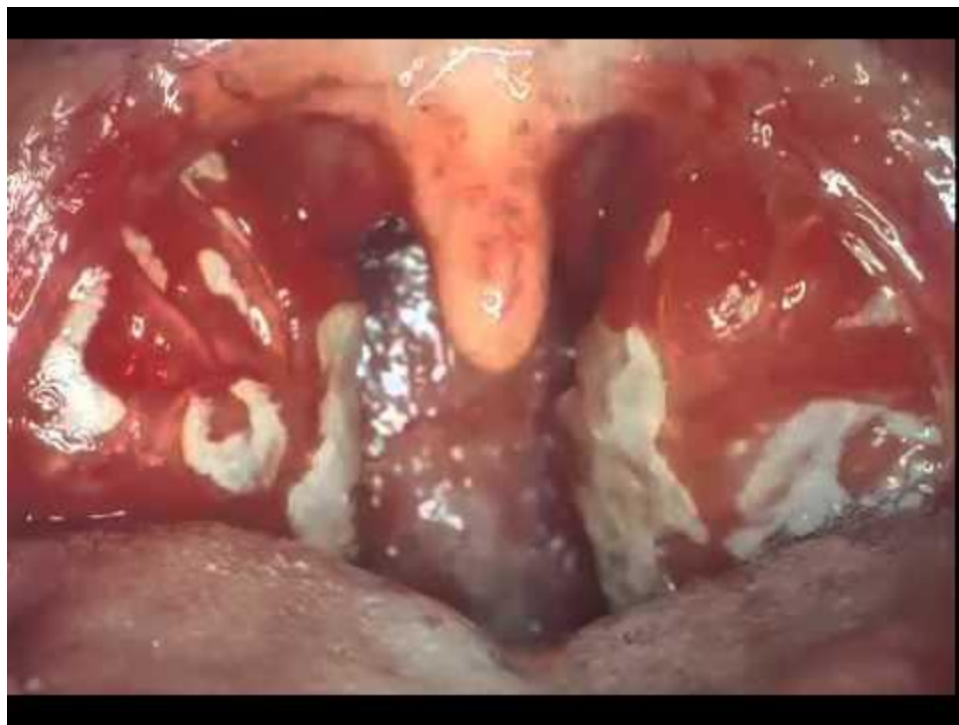


Erythema Infectiosum

- ▶ Incubation: 1 to 2 weeks, due to Parvo virus B19
- ▶ Symptoms : Fever, Myalgias, Headache, Usually 4 to 10 years of age.
- ▶ Signs: *Confluent erythematous edematous plaques on the cheeks with erythematous reticular eruption on the trunk and extremities*
- ▶ Resolves in 5 to 10 days ,Rash can recur with heat and sun exposure months after infection
- ▶ Spread : Saliva
- ▶ Mostly infectious before the rash
- ▶ Complications:
 - ▶ Chronic Hemolytic anemia
 - ▶ Aplastic crisis
- ▶ Treatment: Supportive, IVIg ?







Infectious Mononucleosis

- ▶ Incubation period: 1-2 months
- ▶ Symptoms: fever , sore throat, fatigue, malaise.
- ▶ Signs: lymphadenopathy, splenomegaly, enlarged tonsils, Diffuse maculopapular, Palatal Petechiae.
- ▶ Investigation: VCA-IgM
- ▶ Complications:
 - ▶ Malignancy
- ▶ Treatment:
 - ▶ Supportive.
 - ▶ Steroids.
 - ▶ Avoid Sports.







Warts

- ▶ Incubation: ? Weeks
- ▶ Caused By Papilloma virus
- ▶ Symptoms: usually subclinical
- ▶ Signs: *Hyperkeratonic Papule With Rough Irregular Surface On Fingers/Hands/Feet, genital in older age group*
- ▶ Complications :
 - ▶ Malignancy in Genital Warts
- ▶ Treatment: Removal If Symptomatic





Molluscum Contagiosum

- ▶ Incubation: 7 weeks
- ▶ Symptoms: Itching
- ▶ Signs: *Sharply Circumscribed Single/Multiple Dome-Shaped Papules with waxy surfaces, usually with umbilicated centers.*
- ▶ Spread: direct contact, self-infection
- ▶ Treatment: Removal If Symptomatic. Usually resolves In 2-3 Years without scarring





Roseola Infantum (Exanthem subitem)

- ▶ Caused By: human herpes virus 6
- ▶ Most common before the age of 2 years
- ▶ Symptoms : High grade fever, febrile convulsions, followed by rash
- ▶ Signs: Pink macules and papules surrounded by white halo
- ▶ Rash Starts on the trunk and spreads
- ▶ Complications: Seizures
- ▶ Treatment: Supportive







Dengue Fever

- ▶ Incubation period : 1-7 days
- ▶ Symptoms: fever (biphasic), myalgia, arthralgia, nausea and vomiting, can present with hemorrhage or shock.
- ▶ Signs: Infectious thrombocytopenic purpura, *red widespread maculopapular rash* (white islands on red sea) spares the palms and soles
- ▶ Spread: mosquito borne.
- ▶ Complications:
 - ▶ DIC
- ▶ Treatment: supportive





Monkeypox (Mpox)

- ▶ Incubation : 3 weeks
- ▶ Symptoms : flu like, fever, chills, headache
- ▶ Signs: itchy tender skin rash, papular, multiple stages, lymphadenopathy.
- ▶ Spread : direct contact, contagious 4 days prior to rash eruption
- ▶ Complications:
 - ▶ Secondary infections
 - ▶ Pneumonia
- ▶ Treatment : Supportive



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