



# WART WOES

Warts & Fungus Handout, ages 11-13

## Is this even a wart?

Warts, just like people, come in all shapes and sizes. Below are some of their characteristics:

**Size:** Tiny or big

**Color:** White, pink, brown, or the same color as your skin

**Shape:** Flat, skinny, or long

**Texture:** Rough or smooth

## Seriously...how am I supposed to know it's a wart when they can be any shape, size, or color? That last fact was not helpful!

Depending where they are on your body, warts can look a certain way.

- Warts can show up on your face, the bottom of your feet, and/or your fingers.
- Warts on your face are generally flat or long and skinny like fingers.
- Warts on the bottom of your feet are generally large flat bumps. They are actually called "plantar warts" and may hurt when you walk on them.
- Warts on your fingers look like blisters but are harder. They can also make your nails look weird.

## How do I get warts?

- Warts are easily spread from kid to kid or from touching something that someone with a wart has touched.
- Having warts DOES NOT mean you are dirty. Clean and dirty people get warts all the time!

## Great, so if I get a wart...then what? Stuck with it forever?

Luckily, no! If you get a wart, it is pretty easy to treat. There are a lot of over-the-counter (stuff you can buy at the store without a doctor's prescription).

### Here are your main choices:

- **Salicylic Acid:** Relax! This acid is okay for you to use. You can buy the liquid form that you paint on just like nail polish. There are also little patches that look like bandages that have salicylic acid in them.
- **Freezing:** No, you don't have to leave your hand in the freezer! There are special freezing sprays you can buy at the store that create a blister around the wart. Eventually the blister and wart fall off.
- **Taping:** You should ask your doctor if it is okay to try this. Some people say wrapping duct tape (the thick silver tape) around your wart helps it go away. You change it every few days to help peel off different layers of the wart.

