

## Warts (Condyloma)

Warts are skin growths that result from the skin being infected with human papillomavirus (HPV). There are many different types of human papillomaviruses. Common skin warts include:

- **Plantar warts** commonly found on the foot.
- **Flat warts** (“juvenile warts”) commonly are found on the face.
- **Filiform warts** occur on the face and neck.
- **Anogenital warts** (“condylomata acuminata”) can be found in the genital areas.

## Transmission

Warts can affect anyone and can be contracted more than once. Warts can be spread via:

- **Person to person** through close contact.
  - Genital warts are spread through intimate skin-to-skin contact.
- **Environment to person** through exposure of the skin to contaminated environmental surfaces, such as public shower floors.

The virus can be spread if sores are present. The incidence of warts is increased in immunosuppressed individuals. Past infection does not make a person immune.

Risk factors:

### **Planta, flat, and filiform warts**

- Are most common among school-age children and teenagers

### **Anogenital warts**

- Are most common among sexually active young adults ages 20-24

## Symptoms

Symptoms generally appear about two-to-three months after exposure but can appear as early as one to as long as 20 months after exposure. Common [skin warts](#) symptoms may include:

- **Rough to the touch**
- **Sprinkled with black pinpoint (wart seeds)**
- **Small, fleshy, grainy bumps**

## Diagnosis

A diagnosis depends on the type of wart; some warts can be diagnosed through visual inspections, while others require laboratory methods. Consult a health care provider if you are concerned you have warts.

## Treatment

Treatment and the need for treatment will vary. Decisions about treatment can be made with your health care provider.

- **Plantar, flat, or filiform warts** may be treated through physical removal, which may include:
  - Freezing
  - Laser or surgical removal
  - Topical treatments

- **Genital warts** may be treated with:
  - Creams to enhance the immune response to the virus.
    - Although treatment may remove the wart, the viruses that cause the wart may still be present in the surrounding skin.

## Prevention

**Cover warts** to prevent the spread of others.

**Wear shoes** in public locker rooms, showers, or pools.

**Avoid sharing personal items** like towels, nail clippers, or razors.

Genital Warts:

- **Receive HPV vaccine**
- **Use condoms or other latex barriers during sex**, including oral and anal sex (condoms do not provide complete protection against HPV)
- **Notify partners** if genital warts are present
- **Practice abstinence**

## Exclusion Guidance

**Individuals with warts should not be excluded from work, school, or child care** unless the [general exclusions apply](#).

- People with warts on their hands and who work in patient-care settings should cover all warts.

For additional information about warts, contact North Dakota Health and Human Services' Division of Public Health at 800.427.2180.

Resources:

1. Kimberlin, D. W., Barnett, E. D., Lynfield, R. Saywer, M. H. (2021) Red Book: 2021-2024 Report of the Committee on Infectious Diseases. 32nd ed. American Academy of Pediatrics [Human Papillomaviruses] [pages 440-447].
2. Cleveland Clinic. (2022, January 21). Flat Warts. Cleveland Clinic. Retrieved June 2<sup>nd</sup>, 2023, from <https://my.clevelandclinic.org/health/diseases/24337-flat-warts>.
3. Mayo Clinic. (2022, April 30). Common Warts. Mayo Clinic. Retrieved June 2<sup>nd</sup>, 2023, from <https://www.mayoclinic.org/diseases-conditions/common-warts/symptoms-causes/syc-20371125>.

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