



COMMON WARTS

Warts are small, grainy skin growths that usually occur on hands or feet and are caused by different strains of the HPV virus

How to identify a common wart:

- Small, fleshy, grainy bumps that are rough to the touch
- Can be flesh-colored, white, pink, or tan
- Sprinkled with black pinpoints

What causes warts to spread?

- The HPV strain that causes warts is spread by casual **skin contact** or through **shared objects**.
- The virus spreads through **breaks in your skin** such as hangnails, scrapes, or biting the skin around your nails.

How can I lower my risk of getting warts?

- Avoid biting your nails or picking at cuticles.
- Don't share towels, washcloths, clothing, nail clippers, razors or other personal items.

How are warts treated?

Most warts go away on their own in 1-2 years, but people commonly choose to treat them using:

- peeling medicine
- freezing
- various acids
- minor surgery
- laser treatment



Call UHS if:

- skin growths are painful or change in appearance or color, or interfere with activities
- you've tried treating the warts, but they persist, spread, or recur
- you are an adult and you start developing multiple warts
- you aren't sure whether the growths are warts

Check out the latest updates and more details from **the Mayo Clinic**:



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