

## ENTEROVIRAL INFECTION

### CAUSE

Coxsackieviruses, echoviruses, or other enteroviruses

### SYMPTOMS

Cold-like symptoms, sore throat, mouth sores, fever, rash, vomiting, and diarrhea are the most common symptoms. Some people may not have any symptoms. These viruses often cause mild infections such as colds, sore throats, and intestinal illnesses. Less often enteroviruses cause pneumonia, meningitis, or encephalitis.

### SPREAD

Enteroviruses leave the body through the stool of an infected person and enter another person when hands, food, or objects (such as toys) contaminated with stool are placed in the mouth. Spread can occur when people do not wash their hands after using the toilet or changing diapers. Also, enteroviruses can be spread through droplets that are sent into the air from the nose and mouth of an infected person during sneezing, coughing, or vomiting and another person breathes them in.

### INCUBATION (time from exposure to onset of symptoms)

Usually 3 to 6 days

### CONTAGIOUS PERIOD

During illness and possibly for several weeks after illness (through contact with stool.) Infected persons who may not seem sick are able to spread infection.

### EXCLUSION

Child care: Until 24 hours after diarrhea and/or vomiting has stopped, and fever is gone. If the child only presents with mild, cold-like symptoms, they can attend as long as they are well enough to participate in routine activities.

School: Until 24 hours after diarrhea and/or vomiting has stopped.

### TREATMENT

No specific treatment for these viruses. Vomiting and diarrhea may lead to dehydration, which may be a medical emergency. Ask a healthcare provider how to prevent dehydration.

### PREVENTION AND CONTROL

- Cover nose and mouth with a tissue when sneezing and coughing or cough/sneeze into your sleeve. Dispose of used tissues.
- Wash hands thoroughly with soap and warm running water after using the toilet, changing diapers, touching nasal secretions, and before preparing or eating food. Staff should closely monitor handwashing of all children after children have used the bathroom or have been diapered.
- Clean and disinfect diapering area and potty chairs after each use and bathroom toilets, sinks, and toys at least daily and when soiled. Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled.

For more information please contact Contra Costa Public Health at 925-313-6740 and visit our website at [www.cchealth.org/cd/](http://www.cchealth.org/cd/)