

# 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 saliva or 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** It usually takes from 3 to 6 days from the time a person is exposed until symptoms begin.

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

**EXCLUSION** Childcare: Until diarrhea and/or vomiting has stopped for 24 hours, or for mild, cold-like symptoms: none, as long as the child is well enough to participate in routine activities.

School: None unless the child is not feeling well and/or has diarrhea and needs to use the bathroom frequently.

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

## PREVENTION/ 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.
  - Thorough hand washing is the best way to prevent the spread of communicable diseases. Staff should closely monitor hand washing 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 your local health department.**

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

Email: [dpbhepi@health.nv.gov](mailto:dpbhepi@health.nv.gov)