

# ENTEROVIRUSES PARENT FACT SHEET

## PARENT/GUARDIAN

Your child may have been exposed to: Enteroviruses

Enteroviruses cause a variety of illnesses.

If you think your child has an enterovirus infection:

- Tell your childcare provider or call the school.
- Keep your child home from childcare until 24 hours after diarrhea and vomiting have stopped.

School aged children do not need to stay home, unless they are not feeling well and/or have diarrhea and need to use the bathroom frequently.

Anyone with diarrhea should not go in lakes, pools, splash pads, water parks, or hot tubs until after diarrhea has stopped.

## Symptoms

Your child may have cold-like symptoms with fever. Sore throat, mouth sores, rash, vomiting, and diarrhea are the most common symptoms.

If your child is infected, it may take 3 to 6 days for symptoms to start.

## Spread

- By coughing or sneezing.
- By touching hands, objects, or surfaces that have been contaminated with stool.
- By eating food or beverages contaminated with stool.

## Contagious period

During symptoms and as long as the virus is in the stool. This could be for several weeks.

## Call your health care provider

- No specific treatment is available. Ask how to prevent dehydration. Your child may lose a lot of water due to vomiting and diarrhea.

## Prevention

- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with the secretions from the mouth or nose or with stool. Wash hands before preparing food or eating. Your child may need help with handwashing.
- Clean and disinfect any objects that come in contact with stool or secretions from the nose or mouth. This includes toilets, potty chairs, sinks, toys, diaper changing areas, and surfaces. Use a product that kills germs.

**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)

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