

**Enteroviruses** cause a variety of illnesses that are common in young children and usually occur during the summer and fall months. These viruses often cause mild infections such as colds, sore throats and/or intestinal illness. Less often, they may cause pneumonia, meningitis or encephalitis or they may affect the eyes or heart.

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| <b>Cause</b>                     | <i>Coxsackieviruses, echoviruses, or enteroviruses</i>  |
| <b>Symptoms</b>                  | Cold-like symptoms, sore throat, mouth sores, fever, rash, vomiting, and diarrhea are most common. Some people may not have any symptoms.   |
| <b>Spread</b>                    | Enteroviruses leave the body through the stool of an infected person and enter another person when hands, food or objects (such as toys or poorly sanitized eating utensils) that are contaminated with stool or nose/throat discharges are placed in the mouth. Also, enteroviruses may spread through droplets that are expelled from the nose and mouth during sneezing and/or coughing.   |
| <b>Incubation Period</b>         | Usually 3-5 days for vesicular pharyngitis and vesicular stomatitis (hand, foot and mouth disease); 5 days for acute lymphonodular pharyngitis.   |
| <b>Period of Communicability</b> | During the illness and perhaps longer, since viruses may persist in stool for several weeks. Respiratory shedding is usually limited to a week or less. Also, infected persons who may not seem sick are able to spread the infection.  |
| <b>Diagnosis</b>                 | Specimens may be obtained; however, lab testing may be a lengthy procedure. Diagnosis is more often based upon clinical symptoms.   |
| <b>Treatment</b>                 | No specific therapy; treatment for symptoms as needed.  |
| <b>Prevention/Control</b>        | <ol style="list-style-type: none"><li>1. Wash hands thoroughly with soap and running water after using the toilet, changing diapers, and before preparing or eating food. Thorough hand washing is the best way to prevent spread of infectious diseases found in the intestinal tract. Help children to wash hands as well.</li><li>2. Clean and disinfect* contaminated areas (toilets, diapering areas, faucets) daily or when soiled. Sanitize** toys as needed and at least daily. A dishwasher may be used to disinfect dishes or small toys.</li><li>3. Dispose of tissues and diapers properly.</li><li>4. Report to local health department.</li></ol> |
| <b>Exclusion</b>                 | If diarrhea exists, until it has ended.   |

\* To disinfect clean, non-food contact surfaces: use a solution of household bleach and water – 8 teaspoons bleach in a gallon of water. To make a smaller amount in a spray bottle, use 2 teaspoons bleach in a quart of water. Prepare solution fresh daily as it quickly loses its ability to kill germs. Saturate area with solution. Air dry. Do NOT rinse.

\*\*To sanitize mouthed toys or eating utensils: boil, use a dishwasher, or soak clean items for 2 minutes in a weak bleach solution – 3 teaspoons bleach added to 1 gallon water (or a scant teaspoon in a quart). Air dry. Do NOT rinse. This solution can also be used to disinfect clean kitchen surfaces.