

Keeping our clients safe

Important information about:

Enterovirus

What is Enterovirus?

Enterovirus is very common and causes respiratory and gastrointestinal infections. There are many different strains of Enterovirus.

What are the symptoms?

Most people who get Enterovirus do not get sick or have mild symptoms. However, children and people with weakened immune systems are at increased risk of developing complications.

Symptoms may include fever, runny nose, sore throat, gastrointestinal upset such as vomiting or diarrhea, muscle aches, pink eye (conjunctivitis) and increased chest congestion. In severe cases, bronchiolitis and pneumonia may develop.

How do you get Enterovirus?

It is spread directly by contact with droplets when a person with Enterovirus coughs or sneezes, or from respiratory secretions from children with tracheostomies. It is also spread indirectly by hands, tissues or other articles freshly contaminated with droplets of an infected person.

How soon after infection do symptoms appear?

They symptoms usually start 3 to 6 days after exposure to the illness.

When is Enterovirus most common?

Infections occur most commonly during summer and fall, but occasionally can circulate throughout the year.

How long is a person contagious?

It varies, but ranges from 1 to 3 days after symptoms start.

How is Enterovirus treated?

There is no specific treatment. Most people get well on their own in 2 to 5 days. The use of antibiotics is not appropriate in most cases because antibiotics are not effective against viruses.

How can you help reduce the spread of Enterovirus?

- wash and sanitize your hands often
- stay home when you're sick
- cover your nose and mouth when you cough and sneeze
- avoid touching your eyes, nose and mouth with unwashed hands
- avoid close contact with people who are sick with Enterovirus