



# Enteroviruses

## What are enteroviruses?

Enteroviruses are very common viruses that cause 10 to 15 million infections in the U.S. each year. These viruses infect the throat and intestinal tract and cause a variety of illnesses. Most of the time, enteroviruses do not cause serious illness. Types of enteroviruses commonly seen in the U. S. are coxsackievirus A, coxsackievirus B, echovirus, and other enteroviruses.

## How do people get infected with enteroviruses?

Enteroviruses can be found in the respiratory fluids (from the nose and throat) and feces of an infected person. You can become infected by direct contact to secretions of an infected person, or by touching objects or surfaces that have the virus on them then touching your eyes, nose, or mouth.

## Who can become sick from enteroviruses?

Anyone can become infected with enterovirus. People of all ages can become sick, but infants, children, and teenagers are more likely to become sick because they do not have protection from previous exposures to the virus. Infants less than one year are more likely to become severely ill.

## What are the symptoms of enteroviruses?

Most people infected do not get sick or have mild symptoms. The mild symptoms may include fever, runny nose, sneezing, cough, skin rash, mouth blisters, and/or muscle ache. Some enterovirus infections can cause viral conjunctivitis or hand, foot, and mouth disease. Among infected persons who have symptoms, fever is usually present.

Occasionally these viruses can cause more serious symptoms such as blood infection (sepsis), meningitis, encephalitis, myocarditis (infection of the heart), pericarditis (infection of the sac around the heart), or paralysis.

## How soon will you become sick after being exposed to enteroviruses?

You usually develop symptoms three to five days after exposure.

## What is the treatment for enteroviruses?

There is no specific treatment for enterovirus infections. Some medications can help a person feel better. Contact your health care provider for information about medications.

## Can you develop immunity from enteroviruses?

You can develop immunity to one virus, but you can still become sick from other enteroviruses .

## What should I do if I think I have an enterovirus?

Contact your health care provider if you have symptoms that are not going away or are getting worse.

## How can you prevent enteroviruses?

Basic precautions will reduce or even stop the spread of enteroviruses. These include good, frequent hand washing, covering your cough, and staying home when you are sick.