

# ENTEROVIRUSES

## What is it?

Enteroviruses are a group of viruses that cause infectious illnesses, like the Coxsackie virus and Hand-foot-mouth disease. These common viral illnesses tend to affect young children, but can occur in teens and adults as well.

## How are enteroviruses spread?

Enteroviruses are quite contagious and are spread by close contact with an infected person (direct physical contact, coughing or sneezing). You can also become infected by touching objects or surfaces that have the virus on them and then touching your mouth, nose, or eyes. Typically, these viruses are spread during the fall and spring months amongst school-aged children that are in close contact.

## Signs & Symptoms of enteroviruses

- |                              |   |                                  |
|------------------------------|---|----------------------------------|
| - fever                      | <i>2 days later</i>   | - sores or blisters in the mouth |
| - poor appetite              |  | - red spots on palms of hands    |
| - sore throat                |   | - red spots on soles of feet     |
| - fatigue                    |   |                                  |
| - general “not feeling well” |   |                                  |



In young children, the sores in the mouth can be quite painful making eating and drinking more difficult.

## How are enteroviruses treated?

Most children will have mild symptoms and will only need remedies for their symptoms. Children with painful sores in the mouth may need a special mouthwash to help for pain. As with any illness, always consult with your family doctor.

## How to reduce the risk of getting infected:

- Wash hands often with soap and water.
- Avoid touching, eyes, nose, and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Disinfect frequently-touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home when feeling sick, and consult with your doctor.

## When to return back to school?

Students will need a doctor's note stating that they are healthy to return back to school and that they are no longer contagious.

[content from CDC.gov website]