

Your child may have been exposed to:

## Enteroviruses

Enteroviruses cause a variety of illnesses.

### If you think your child has an Enteroviral Infection:

- Tell your childcare provider or call the school.
- **Need to stay home?**

#### Childcare:

**Yes**, until diarrhea and vomiting have stopped.

#### School:

**No**, unless the child is not feeling well and/or has diarrhea and needs to use the bathroom frequently.

### 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 contaminated hands, surfaces, or objects.
- By eating or drinking contaminated food or beverages.

### Contagious Period

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

### Call your Healthcare 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.
- Wash hands after touching anything that could be contaminated with the secretions from the mouth or nose or with stool and 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, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.