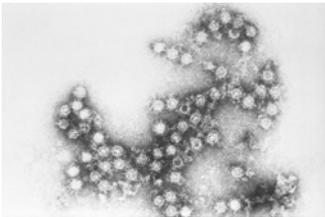


What are enteroviruses?

Enter-o-virus-ez are common types of germs that generally cause mild disease in adults

They are almost as common as the germs that cause the “common cold.”

Enteroviruses are spread from person to person by contact with bodily fluids from the nose, mouth (saliva), or stool (poop) from an infected person.



Enterovirus

They can also spread through surfaces contaminated with these bodily fluids from an infected person.

What illnesses do enteroviruses cause?

Most people who are infected with an enterovirus are not sick at all.

Those who do get sick may have a mild cold, a flu-like illness with fever and muscle aches, or a rash. They usually get better on their own.



In rare cases, infection can attack the heart and brain to cause serious illness in adults and even death among newborns.

However, most infected newborns have mild illness.



Who gets sick with enteroviruses and who is at-risk?

Anybody can get an enterovirus infection. People are more likely to come into contact with the germs during the summer and fall months.

Infants and children are more likely than adults to get sick from enteroviral infection because they don't have strong and fully developed immune systems to protect themselves yet.

Babies born to mothers who are sick with enterovirus around the time of delivery are more likely to be infected.

Pregnant women should ask their doctor to test them for enterovirus infection and other infections if they have symptoms of fever with diarrhea or headache within a week or two of delivery.



What can I do to protect myself and my baby?

There are no vaccines (shots) to protect you from enteroviruses and there is no treatment if you are sick with these germs.

Because most persons who get this virus do not become sick, it is hard to stop their spread.

So the best way to protect yourself and others is to have good hygiene.

Do the very same things you do to stay healthy against other types of germs and illnesses. The most important steps are:

- Wash your hands often, especially after going to the bathroom and after changing a baby's diaper.
- Wash your hands before dealing with food.
- Clean your kitchen and bathroom often.

Words to Know...

Immune System: The body's natural ability to fight off germs. This helps protect you from disease and to keep you healthy.

Infection: An infection happens when germs enter your body. If germs grow in your body they can cause disease and make you sick.



What can I do to protect myself and my baby?

- Avoid touching your eyes, nose and mouth to stop germs from entering in your body.
- Stay away from people who are sick. If you get sick, make sure to keep your distance from others to protect them from getting sick too.
- Avoid sharing food, drink and utensils with others.
- Clean surfaces and frequently touched objects (like tabletops, handles, phones, keyboards, etc.) in your home and workplace.
- Practice other good health habits. Get plenty of sleep, exercise, manage stress, drink plenty of fluids, eat nutritious foods and avoid smoking.



For more information, contact:

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ARE YOU
PREGNANT?



THERE IS
SOMETHING
YOU NEED
TO KNOW...