

## Enterovirus (Non-poliovirus)

### (Group A and B Coxsackieviruses, Echoviruses, and Enteroviruses)

Non-polio enteroviruses are very common viruses that are responsible for many illnesses. People infected with enteroviruses that do experience symptoms can have respiratory, rash-like, neurologic, gastrointestinal, and/or cardiac symptoms.

## Transmission

Most people do not become ill or have mild illness, but infants, children, and people with weakened immune systems are most at risk. Non-polio enteroviruses can be found in an infected person's nose and mouth secretions, feces, blister fluid, and eyes. It is spread via:

- **Person to person** through close contact with an infected person.
  - Transmission of the virus from mothers to their infants during pregnancy may occur.
- **Environment to person** by touching contaminated objects or surfaces or during changing diapers of an infected person.
- **Contaminated Drinking Water.** Consuming water that has the virus in it.

The virus can be shed in the stool of infected people for several weeks after onset of infection. Shedding through respiratory droplets is usually limited to about one week. The virus can be passed to others even if the infected person shows no signs of illness.

Previous infection with non-polio enteroviruses does not make a person immune to being re-infected.

## Symptoms

Symptoms usually appear three to six days after exposure.

- Mild illness symptoms resemble those of the common cold and include:
  - **Fever**
  - **Runny nose**
  - **Sneezing**
  - **Cough**
  - **Skin rash**
  - **Mouth blisters**
  - **Body and muscle aches**
- Gastrointestinal symptoms may include:
  - **Vomiting**
  - **Diarrhea**
  - **Abdominal pain**
  - **Hepatitis**
- Other symptoms- may include:
  - **Rash**
  - **Eye infection** (Acute eye infections may occur 24 to 72 hours after exposure)
  - **Cardiac and neurologic symptoms** (in more severe instances)
  - Sepsis in newborns **may** occur

## Diagnosis

Depending on what type of enterovirus you have, a laboratory test of throat or stool samples, and possibly blood and urine if taken during early onset of the disease, can determine if the virus is present.

## Prevention

- **Wash hands with soap and water**, especially after diaper changes.
  - The use of hand sanitizer may be less effective against certain enterovirus strains.
- **Avoid close contact** with people who are sick.
- **Clean and disinfect frequently** touched surfaces.

## Treatment

- **No specific treatment** available
- People with mild illness should **stay hydrated** and may take over-the-counter cold medication.
- Most people will recover completely
- Some individuals, such as those with weakened immune systems, and infants may receive immune globulin intravenous treatment

For more information about the treatment of Non-Poliovirus Enteroviruses contact your health care provider or visit [Enterovirus \(Non-Polio\) | CDC](#).

## Exclusion Guidance

**Individuals infected with a Non-Poliovirus Enterovirus should not be excluded from work, school, or child care** unless the [general exclusions apply](#).

For additional information about Enteroviruses (Non-Poliovirus), contact the North Dakota Department of Health and Human Services', Division of Public Health, at 800.427.2180.

**This disease is a reportable condition. As mandated by North Dakota law, any incidence of this disease shall be reported to the North Dakota Department of Health and Human Services.**

### Resources:

1. Kimberlin, D. W., Barnett, E. D., Lynfield, R., Sawyer, M. H. (2021) Red Book: 2021-2024 Report of the Committee on Infectious Diseases. 32nd ed. American Academy of Pediatrics. [Management and Prevention of Infectious Diseases] [316-318].
2. Centers for Disease Control and Prevention. (2020, August 8). *CDC – Non-Polio Enterovirus*. Centers for Disease Control and Prevention. Retrieved May 23, 2023, from <https://www.cdc.gov/non-polio-enterovirus>

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