



COXSACKIEVIRUS DISEASES

WHAT ARE COXSACKIEVIRUS DISEASES?

COXSACKIEVIRUSES ARE VIRUSES THAT LIVE IN THE HUMAN DIGESTIVE TRACK AND ARE PART OF THE ENTEROVIRUS FAMILY.

WHO GETS COXSACKIEVIRUSES?

ANYONE CAN BE INFECTED, BUT THE DISEASE IS USUALLY SEEN IN CHILDREN LESS THAN TEN YEARS OF AGE.

HOW IS IT SPREAD?

THE VIRUSES ARE VERY CONTAGIOUS AND ARE SPREAD FROM PERSON TO PERSON, USUALLY ON UNWASHED HANDS AND SURFACES CONTAMINATED BY FECES. THEY CAN ALSO BE SPREAD THROUGH DROPLETS OF FLUID SPRAYED INTO THE AIR WHEN SOMEONE SNEEZES OR COUGHS.

WHAT ARE THE SYMPTOMS?

COXSACKIEVIRUSES CAN CAUSE A WIDE VARIETY OF SYMPTOMS. HALF OF ALL CHILDREN INFECTED WITH THE VIRUS HAVE NO SYMPTOMS. THOSE WHO DO, DEVELOP FEVER, HEADACHES, AND MUSCLE ACHES, AND SOME ALSO HAVE A SORE THROAT, STOMACH PAIN, OR NAUSEA.

HOW SOON DO SYMPTOMS APPEAR?

SYMPTOMS USUALLY APPEAR 3 TO 5 DAYS AFTER INFECTION.

HOW ARE COXSACKIEVIRUSES TREATED?

MOST PEOPLE GET BETTER ON THEIR OWN AFTER A FEW DAYS WITHOUT NEEDING MEDICATION. DEPENDING ON THE TYPE OF VIRUS AND SYMPTOMS, MEDICATIONS ARE SOMETIMES GIVEN TO MAKE THE PERSON FEEL BETTER. THERE IS NO SPECIFIC TREATMENT.

HOW LONG CAN AN INFECTED PERSON CARRY THE GERM?

A PERSON MAY SPREAD THE VIRUS TO OTHERS BEFORE SYMPTOMS APPEAR AND CHILDREN WHO ARE SICK WITH A COXSACKIEVIRUS INFECTION SHOULD BE KEPT OUT OF SCHOOL OR CHILD CARE SO THEY CANNOT SPREAD THE ILLNESS. THE VIRUS MAY STAY IN THE STOOL FOR SEVERAL WEEKS.

ARE THERE COMPLICATIONS WITH COXSACKIEVIRUS DISEASES?

COXSACKIEVIRUSES CAN CAUSE MORE SERIOUS INFECTIONS THAT MAY NEED TO BE TREATED IN A HOSPITAL, INCLUDING: VIRAL MENINGITIS, ENCEPHALITIS, AND AN INFECTION OF THE HEART MUSCLE.

HOW CAN COXSACKIEVIRUSES BE PREVENTED?

THERE IS NO VACCINE TO PREVENT COXSACKIEVIRUS INFECTIONS. HAND WASHING IS THE BEST PROTECTION.