



Indiana State Department of Health

Epidemiology Resource Center

Quick Facts

About...Enterovirus

What is enterovirus?

Enteroviruses are common viruses that cause 10 to 15 million infections in the United States each year. This is an estimate because enterovirus is not a reportable disease. The viruses cause disease more frequently in summer and fall. Most of the time, enteroviruses do not cause serious illness.

What are the symptoms of enterovirus?

- Fever
- Cough
- Runny nose
- Sneezing
- Skin rash
- Mouth blisters
- Body aches

Enteroviruses usually cause mild illness, and infected individuals generally recover on their own. Occasionally, enteroviruses can cause more serious conditions, such as sepsis, meningitis, encephalitis, myocarditis, or paralysis.

How is enterovirus spread?

Enterovirus can be found in droplets from the nose and throat and in feces of an infected person. You can become infected by direct contact with droplets or feces that contain the virus, or by touching objects or surfaces that have the virus on them and then touching your eyes, nose, or mouth.

Who is at risk for getting enterovirus?

Infants, children, and teenagers are most likely to get infected with enteroviruses and become sick. People with cold-like symptoms who experience difficulty breathing or sudden weakness of their muscles, face, arms, or legs should see their healthcare provider for further evaluation.

Individuals with weakened immune systems or underlying medical conditions, such as asthma, may experience severe complications and require hospitalization with supportive therapy.

What should I do if I think I have enterovirus?

Contact your healthcare provider if you have symptoms that are not going away or are getting worse. Your provider may conduct lab tests, such as a stool sample or respiratory swab, to confirm a diagnosis.

How is enterovirus treated?

There is no specific treatment for enterovirus infections. Because this is a virus, antibiotic medications are not an effective treatment. Some over-the-counter medications may be used to treat some symptoms. Contact your healthcare provider for information about medications.

How is enterovirus prevented?

There are no vaccines for preventing enterovirus. The following steps can help reduce the risk of getting infected with viruses:

- Wash hands often with soap and water for 20 seconds, especially after changing diapers or using the toilet.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Cover your cough.
- Stay home when you are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.

All information presented is intended for public use. For more information, please refer to: <https://www.cdc.gov/non-polio-enterovirus/index.html>.

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