

PARENT ALERT

Contagious disease exposure in room _____ on _____.

NON-POLIO ENTEROVIRUS

WHAT IS IT? A very contagious infection that can cause mild symptoms such as fever, cold symptoms, skin rash, mouth blisters and muscle and body aches.

WHERE DID IT COME FROM? Someone else with a similar illness. Three better-known non-polio enteroviruses are enterovirus D68 (EV-D68), enterovirus A71 (EV-A71), and coxsackie virus A6 (CV-A6). EV-D68 usually causes respiratory illness. EV-A71 and CV-A6 are known to cause [hand, foot, and mouth disease](#).

WHEN CAN YOU CATCH IT? All during the illness and up to 30 days after the person is well.

HOW CAN YOU CATCH IT? Non-polio enteroviruses can be found in an infected person's feces (stool), eye, nose, and mouth secretions (such as saliva, nasal mucus, or sputum), and blister fluid, and mother to infant prenatally.

HOW LONG BEFORE THE SYMPTOMS APPEAR? Three (3) to six (6) days after coming in contact with the disease (Hennepin County PHD, 2015). Other infected persons may not show symptoms.

INFECTIOUS PERIOD? During illness and possibly for several weeks after illness (through contact with stool). Infected persons who may not seem sick are still able to spread infection.

WHAT ARE POSSIBLE COMPLICATIONS?

Although rare, enteroviruses can sometimes cause more serious illness, like viral meningitis (infection of the covering of the spinal cord and brain) or acute flaccid myelitis (sudden onset of weakness in one or more arms).

WHAT SHOULD YOU DO?

1. Careful handwashing often with soap and water for at least 20 seconds.
2. Careful disposal of diapers.
3. Careful cleaning of changing table and toilet. Disinfect using EPA-approved disinfectants or diluted bleach solution.
4. Avoid touching eyes, nose, and mouth with unwashed hands.

5. Avoid close contact, such as kissing, hugging, and sharing cups or eating utensils, with people who are sick.
6. Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
7. Clean and disinfect frequently touched surfaces, such as toys, doorknobs, and cell phones, especially if someone is sick.
8. Stay home when you are sick and keep sick children out of school.
9. Reduce fever with Tylenol and seek medical advice if needed.
10. Encourage restful activities.

WHAT WILL THE STAFF DO?

1. Careful handwashing.
2. Careful cleaning of all toys and equipment.
3. Follow center's infection prevention and control policy.
4. Notify parents using Parent Alert and childcare licensing if needed.
5. Consult with Nurse Consultant and/or San Francisco Communicable Disease Control for multiple cases.

WHEN CAN THE CHILD RETURN TO CLASS? Exclude until 24 hours after diarrhea and/or vomiting has stopped. For mild, cold-like symptoms, no exclusion, as long as the child is well enough to participate in routine activities. (Hennepin County PHD, 2015). *If you have any questions, please contact your childcare center and healthcare provider.*

References: [CDC, 2020](#), Hennepin County PHD, 2015

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