

Non-Polio Enterovirus

Symptoms



Most people who are infected with non-polio enteroviruses do not get sick, or they only have mild illness. Symptoms of mild illness may include:

- fever
- runny nose, sneezing, cough
- skin rash
- mouth blisters
- body and muscle aches

Some non-polio enterovirus infections can cause

- viral conjunctivitis
- hand, foot, and mouth disease
- viral meningitis

Less commonly, a person may develop:

- myocarditis (infection of the heart)
- pericarditis (infection of the sac around the heart)
- encephalitis (infection of the brain)
- paralysis

Transmission



Non-polio enteroviruses can be found in an infected person's

- feces (stool),
- eyes, nose, and mouth secretions (such as saliva, nasal mucus, or sputum), or
- blister fluid.

You can get exposed to the virus by—

- having close contact, such as touching or shaking hands, with an infected person,
- touching objects or surfaces that have the virus on them,
- changing diapers of an infected person, or
- drinking water that has the virus in it.

If you then touch your eyes, nose, or mouth before washing your hands, you can get infected with the virus and become sick.

Pregnant women who are infected with non-polio enterovirus shortly before delivery can pass the virus to their babies. For more information, see [Pregnancy & Non-Polio Enterovirus Infection](#).

Mothers who are breastfeeding should talk with their doctor if they are sick or think they may have an infection.

Non-polio enterovirus can be shed (passed from a person's body into the environment) in your stool for several weeks or longer after you have been infected. The virus can be shed from your respiratory tract for 1 to 3 weeks or less. Infected people can shed the virus even if they don't have symptoms.

Prevention & Treatment

Prevention

There is no vaccine to protect you from non-polio enterovirus infection.

Since many infected people do not have symptoms, it is difficult to prevent non-polio enteroviruses from spreading.



[Learn the Right Way to Wash Your Hands](#)

You can help protect yourself and others from non-polio enterovirus infections by—

- Washing your hands often with soap and water, especially after using the toilet and changing diapers,
- Avoiding close contact, such as touching and shaking hands, with people who are sick, and
- Cleaning and disinfecting frequently touched surfaces.

Treatment

There is no specific treatment for non-polio enterovirus infection. People with mild illness caused by non-polio enterovirus infection typically only need symptom treatment. They usually recover completely. However, some illnesses caused by non-polio enteroviruses can be severe enough to require hospitalization.

If you are concerned about your symptoms, you should contact your health care provider.