

ROTAVIRUS INFECTION

Diarrhea caused by rotavirus is common in infants and young children during the cooler months. It can spread quickly to others, including adult caregivers, in child care settings. Children with rotavirus diarrhea are sometimes hospitalized because of dehydration.

CAUSE: Rotaviruses

SYMPTOMS: Vomiting, fever and watery diarrhea. Many children show no symptoms. Sometimes a cough, runny nose or ear infections are present.

SPREAD: Rotavirus leaves the body through the stool of an infected person and enters another person when hands, fingernails, food or objects (such as toys), contaminated with stool, are placed in the mouth. Also, rotavirus can be spread through droplets that are expelled from the nose and mouth during sneezing and coughing. Rotavirus can be found on toys and other surfaces in child care facilities.

INCUBATION: It takes about 2 to 4 days from the time a person is exposed until symptoms begin.

CONTAGIOUS PERIOD: From 1 to 2 days before and up to 7 days after onset of symptoms.



Until diarrhea has stopped.



1. Wash hands thoroughly with soap and running water for at least 20 seconds after using the toilet, changing diapers, and before preparing or eating food. Thorough handwashing is the best way to prevent spread of infectious diseases found in the intestinal tract. Parent/guardians and child care providers should closely monitor handwashing of all children after bathroom use or diapering. If hand sanitizers are used, they may be used only after thorough handwashing.

2. Clean and disinfect contaminated areas (diapering area, toilets, potty-chairs) and sanitize toys at least daily and when soiled.



1. Bleach Disinfectant

- 1/4 cup bleach in a gallon of water
- 1 tablespoon bleach in a quart of water

PREPARE FRESH SOLUTION DAILY.

OR

2. Commercial disinfectant that is EPA approved

FOLLOW MANUFACTURER'S DIRECTIONS.



1. Bleach Sanitizer (Use non-scented)

- 1 teaspoons bleach in 1 gallon water
- 1/4 teaspoon bleach in 1 quart water

Use test strip to check concentration. Do not rinse. Air dry.

PREPARE FRESH SOLUTION DAILY.

OR

2. Commercial or food grade sanitizer that is EPA approved

FOLLOW MANUFACTURER'S DIRECTIONS.

PREPARE SOLUTION FRESH DAILY because it loses its ability to kill germs with time.

3. **Diagnosis and Treatment:** Discuss this fact sheet with your physician if your child has the symptoms of rotavirus infection. There is a lab test to detect virus in the stool. While there is no specific treatment, making sure your child gets enough fluids is very important.



For more information, you or your physician may call the Douglas County Health Department at 444-7241 or your local health department.