

## **ADENOVIRUS**

Adenovirus is a common cause of respiratory illness most often not severe. Adenovirus can be contracted at any age, but is more common under the age of 10. Most adenoviral infections last from a few days up to a week

The illness often appears flu-like, and symptoms can start from 2 days to 2 weeks after exposure to the virus. Symptoms may include; common cold symptoms, sore throat, fever, coughing, swollen lymph nodes bronchitis or diarrhea.

Adenovirus mainly spreads by contact with nose or throat discharges, saliva, or after touching contaminated objects.

There is no specific treatment for Adenovirus. The infected person should drink plenty of water and take adequate rest, and may receive symptomatic treatment to reduce fever and pain. In most cases, a child's body, with the help of the immune system, will get rid of the virus over time.

To avoid spreading the disease to other people in the household, please make sure that the infected person covers his/her mouth when coughing or sneezing; washes hands frequently and always after wiping/blowing nose, coughing and sneezing; and do not share eating utensils.

Should your child show any symptoms of sickness, please keep your child at home and consult your doctor if needed. Any child with a fever is required to stay home an additional 48 hours after the temperature has come down to normal (below 37.5C/99.5F) without the use of fever reducing medication.