

Cytomegalovirus (CMV)

Knowing the facts



Human cytomegalovirus (CMV), is a member of the herpes virus group, which include the herpes simplex viruses, the virus that causes chickenpox, and the Epstein Barr virus (the virus that causes infectious mononucleosis).



Did You Know?

Between 50% to 80% of adults in the U.S. are infected with CMV by the age of 40, but incidences are greater in developing countries and lower socioeconomic regions. In most people CMV is a “silent” infection meaning it causes no signs or symptoms. It usually causes infections in babies and people with weakened immune systems.

How is CMV spread?

Through contact with saliva or urine of an infected person. Spread of CMV in households and childcare centers is well documented as young children can easily transmit CMV to their parents and caregivers. In adolescents and adults, sexual transmission also may occur. The chance of getting CMV through casual contact is very limited.

What are the symptoms of CMV?

Often passes as a fever illness without specific characteristics. Serious illness varies depending on age and the immune system of the individual. It sometimes may appear as a Mononucleosis-like illness that may include fever, swollen lymph nodes, and sore throat.

How soon do symptoms appear?

It varies from person to person. In newborns it may be months or later that symptoms appear. Nearly 90% of people show no symptoms or disease related to this virus.

When and for how long is a person able to spread this virus?

Once a person is infected they are able to spread the virus for sometimes months or off and on later without symptoms. This makes careful handwashing and hygiene important to stop the spread.

What is the treatment for CMV?

Supportive treatment for symptoms is usually indicated. Anti-viral medications may be given according to treatment guidelines by your healthcare provider.

How do I prevent the spread of CMV?

- Wash hands thoroughly with soap and running water after using the toilet, changing diapers, and before preparing or eating food. Careful hand washing is the best way to prevent spread of infectious diseases found in the intestinal tract. Help children to wash hands as well.
- Exclusion of children or adults with symptoms of illness is not recommended.
- Minimize contact with children’s saliva, such as kissing on the lips or hands.
- Do not share food, drinks or utensils with others.
- Routinely clean and disinfect or sanitize items contaminated with saliva or urine.
- Women who may be pregnant should consult their doctor if they believe they have come in contact with someone who has been diagnosed with CMV. Limiting contact and practicing good hygiene when coming in contact with children’s saliva and bodily fluids (such as urine) is important to prevent infection.

Health Alert: Cytomegalovirus (CMV)

Date: _____

Dear Parent or Guardian

An individual at _____ has been diagnosed or is undergoing evaluation for cytomegalovirus (CMV). Human cytomegalovirus (CMV), is a member of the herpes virus group, which include the herpes simplex viruses, the virus that causes chickenpox, and the Epstein Barr virus (the virus that causes infectious mononucleosis).

Watch for these symptoms:

Often passes as a fever illness without specific characteristics. Serious illness varies depending on age and the immune system of the individual. It may appear as a Mononucleosis-like illness that may include fever, swollen lymph nodes, and sore throat.

How it is spread:

Through contact with saliva or urine of an infected person. Although CMV is not highly contagious, spread of CMV in households and childcare centers is well documented as young children can easily transmit CMV to their parents and caregivers. In adolescents and adults, sexual transmission also may occur. Once a person is infected they are able to spread the virus for sometimes months or off and on later without symptoms. This makes prevention more important.

Treatment:

Supportive treatment for symptoms is usually indicated. Anti-viral medications may be given according to treatment guidelines by your healthcare provider.

Prevention and Controlling the Spread:

- Wash hands thoroughly with soap and running water after using the toilet, changing diapers, and before preparing or eating food. Careful hand washing is the best way to prevent spread of infectious diseases found in the intestinal tract. Help children to wash hands as well.
- Exclusion of children or adults with symptoms of illness is not recommended.
- Minimize contact with children's saliva, such as kissing on the lips or hands.
- Do not share food, drinks or utensils with others.
- Routinely clean and disinfect or sanitize items contaminated with saliva or urine.

Conjunctivitis (pink eye)

Knowing the facts



Conjunctivitis is an inflammation of the area around the eye and the white part of the eye. It is often known as pink eye. Pink eye is caused most often by a virus but it can also be caused by bacteria, allergies or irritations. When it is caused by a virus or bacteria the infection can be spread to others.

Did You Know?

Children under the age of five are most prone to bacterial conjunctivitis.



How is pink eye spread?

Conjunctivitis is easily spread between people by coming in contact with the tears or discharges from the eyes (and sometimes, nose and throat) of someone who is infected and then touching their own eye. Other items such as hand towels and wash clothes can also spread the illness if they have been in contact with someone who has pink eye.

What are the symptoms of pink eye?

Eye redness, irritation, sensitivity to light, itchiness in and around the eye, swollen eyes, tearing or discharge from the eye especially discharge that makes the eye “stuck” shut from mucus or crusty debris. You can spread pink eye to others as long as the symptoms are still there.

How soon do symptoms appear?

Usually 1-3 days after coming in contact with the virus or bacteria.

When and for how long is a person able to spread pink eye?

You can spread pink eye to others as long as the symptoms are still there or until 24 hours after treatment begins if you are given an antibiotic or antibiotic eye drops to help fight the infection.

What is the treatment for pink eye?

Contact your healthcare provider if the symptoms do not go away within 24-48 hours, if the person wears contact lenses or if you have vision problems or pain or fever. Supportive care such as warm or cool water compresses may help with symptoms. Viral and bacterial pink eye may look the same—your doctor will determine if you need antibiotics to help get rid of the infections.

How do I prevent the spread of pink eye?

- Wash hands thoroughly with soap and running water. Thorough hand washing is the best way to prevent spread of infectious diseases found in the intestinal tract. Help children to wash hands as well.
- Minimize contact with children’s eyes and always wash your hands after wiping a child’s eyes or face and discarding the tissue.
- Do not share washcloths, towels or tissues with others.
- Clean and disinfect mouthed toys daily or when soiled. Try to prevent the sharing of toys when someone has conjunctivitis.
- Children should be excluded until 24 hours after treatment begins (If bacterial) or have a note from a healthcare provider to verify the child does not need treatment. Children should be well enough to return to activities before returning to school or childcare.

Health Alert: Conjunctivitis (pink eye)

Date: _____

Dear Parent or Guardian

An individual at _____ has been diagnosed with conjunctivitis. Conjunctivitis is an inflammation of the area around the eye and the white part of the eye. It is often known as pink eye. Pink eye is caused most often by a virus but it can also be caused by bacteria, allergies or irritations. When it is caused by a virus or bacteria the infection can be spread to others.

Watch for these symptoms:

Eye redness, irritation, sensitivity to light, itchiness in and around the eye, swollen eyes, tearing or discharge from the eye especially discharge that makes the eye “stuck” shut from mucus or crusty debris. You can spread pink eye to others as long as the symptoms are still there.

How it is spread:

Conjunctivitis is easily spread between people by coming in contact with the tears or discharges from the eyes of someone who is infected and then touching their own eye. Other items such as hand towels and wash clothes can also spread the illness if they have been in contact with someone who has pink eye.

Diagnosis and Treatment:

Contact your healthcare provider if the symptoms do not go away within 24-48 hours, if the person wears contact lenses or if you have vision problems or pain or fever. Supportive care such as warm or cool water compresses may help with symptoms. Viral and bacterial pink eye may look the same– your doctor will determine if you need antibiotics to help get rid of the infections.

Prevention and Controlling the Spread:

- Wash hands thoroughly with soap and running water. Thorough hand washing is the best way to prevent spread of infectious diseases found in the intestinal tract. Help children to wash hands as well.
- Minimize contact with children’s eyes and always wash your hands after wiping a child’s eyes or face and discarding the tissue.
- Do not share washcloths, towels or tissues with others.
- Clean and disinfect mouthed toys daily or when soiled. Try to prevent the sharing of toys when someone has conjunctivitis.
- Children should be excluded until 24 hours after treatment begins (If bacterial) or have a note from a healthcare provider to verify the child does not need treatment. Children should be well enough to return to activities before returning to school or childcare.

Mononucleosis

Knowing the facts



Mononucleosis is caused by the Epstein-Barr virus (EBV), a virus from the herpes simplex virus family. Most children are exposed to this virus at some point during their lives. Infants and children may have more mild symptoms but teens often develop full mono.



Did You Know?

As many as 95% of adults between the ages of 35 to 40 have been infected with the Epstein-Barr virus. It is important to note that symptoms related to infectious mononucleosis caused by EBV infection seldom last for more than 4 months.

How is mononucleosis spread?

Person-to-person, through saliva. Spread may occur by direct contact, such as kissing, or through items such as toys that are contaminated with saliva. Less likely is its spread through a blood transfusion.

What are the symptoms of mononucleosis?

Fever, sore throat, tiredness, and swollen glands, especially behind the neck. Sometimes, there is a rash. Young adults may have jaundice (yellowing of skin or eyes) and an enlarged spleen. Infectious mononucleosis may last from one week to several weeks and is rarely fatal. Recovery usually occurs in a few weeks, but a very small proportion of individuals may take months to regain their former level of energy.

How soon do symptoms appear?

Usually 4-6 weeks

When and for how long is a person able to spread mononucleosis?

Prolonged, from many weeks to a year or more. Some adults may become long-term carriers of the virus.

What is the treatment for mononucleosis?

Usually none, expect for supportive care for the symptoms. Short course corticosteroids may have an effect on acute symptoms but, because of their side effects, should be considered only for those with complications (airway obstruction, massively enlarged spleen). Contact sports should be avoided until the patient is recovered fully and the spleen is no longer palpable (felt by the physician). Rest and supportive care is usually recommended as treatment.

How do I prevent the spread of mononucleosis?

- Thorough hand washing with soap and running water after any contact with saliva or items contaminated with saliva.
- Do not share food, drinks or utensils with others.
- Patients with a recent history of EBV infection or an illness similar to infectious mononucleosis should not donate blood.

Health Alert: Mononucleosis

Date: _____

Dear Parent or Guardian

An individual at _____ has been diagnosed or is undergoing evaluation for Mononucleosis. Mononucleosis is caused by the Epstein-Barr virus (EBV), a virus from the herpes simplex virus family. Most children are exposed to this virus at some point during their lives. Infants and children may have more mild symptoms but teens often develop full mono.

Watch for these symptoms:

Fever, sore throat, tiredness, and swollen glands, especially behind the neck. Sometimes, there is a rash. Young adults may have jaundice (yellowing of skin or eyes) and an enlarged spleen. Infectious mononucleosis may last from one week to several weeks and is rarely fatal. Recovery usually occurs in a few weeks, but a very small proportion of individuals may take months to regain their former level of energy. Symptoms usually appear in 4-6 weeks. It is important to note that symptoms related to infectious mononucleosis caused by EBV infection seldom last for more than 4 months.

How it is spread:

Person-to-person, through saliva. Spread may occur by direct contact, such as kissing, or through items such as toys that are contaminated with saliva. Less likely is its spread through a blood transfusion. People are able to spread the virus over a prolonged time. Some adults may be long-term carriers of the virus even after symptoms go away.

Treatment:

Usually None expect for supportive care for the symptoms. Short course corticosteroids may have an effect on acute symptoms but, because of their side effects, should be considered only for those with complications (airway obstruction, massively enlarged spleen). Contact sports should be avoided until the patient is recovered fully and the spleen is no longer palpable (felt by the physician). Rest and supportive care is usually recommended as treatment.

Prevention and Controlling the Spread:

- Thorough hand washing with soap and running water after any contact with saliva or items contaminated with saliva.
- Do not share food, drinks or utensils with others.
- Patients with a recent history of EBV infection or an illness similar to infectious mononucleosis should not donate blood.

Respiratory Syntical Virus (RSV)

Knowing the facts



RSV is a paramyxovirus that causes acute respiratory tract illness in persons of all ages. In infants and young children, RSV is the most common cause of bronchiolitis and pneumonia.



Did You Know?

Most children will have come into contact with RSV by the time they are two years old. During their first RSV infection, between 25% and 40% of infants and young children have signs or symptoms of bronchiolitis or pneumonia, and 0.5% to 2% require hospitalization.

How is RSV spread?

Direct or close contact with contaminated secretions from the nose and mouth during coughing and sneezing, either droplet form or on contaminated hands or surfaces. RSV may persist on surfaces for many hours and on hands for 30 minutes or more. This makes handwashing and routine surface cleaning an important part of prevention. Excluding children with colds or other respiratory illnesses (without fever) who are well enough to attend child care or school settings will most likely not decrease the transmission of RSV, since it is often spread in the early stages of illness.

What are the symptoms of RSV?

Fever, cough, wheezing, watery eyes, runny nose, sneezing. Very young infants sometimes have lethargy, irritability, poor feeding, and, sometimes, spells of not breathing (apnea).

How soon do symptoms appear?

Usually 4 days after becoming infected.

When and for how long is a person able to spread RSV?

Usually 3 to 8 days but shedding (spread of the virus through respiratory droplets such as mucus or phlegm) may last longer, especially in young infants and in individuals with weakened immune systems, it may continue for as long as 3 to 4 weeks.

What is the treatment for RSV?

Supportive treatment for symptoms- Hospitalization may be necessary for those with serious symptoms or symptoms that are not getting better. The majority of children hospitalized for RSV infection are under 6 months of age.

How do I prevent the spread of RSV?

- Wash hands frequently with soap and running water, especially after coughing, sneezing, or wiping a nose. Help children to wash hands, also.
- Minimize contact with respiratory secretions, such as saliva or nasal mucus.
- Dispose of any tissues or items soiled with discharges from the mouth or nose in a waste container.
- Do not share utensils, cups or glasses with other people.
- Clean and disinfect mouthed toys at least daily and when soiled.

Health Alert: Respiratory Syntical Virus (RSV)

Date: _____

Dear Parent or Guardian

An individual at _____ has been diagnosed or is undergoing evaluation for Respiratory Syntical Virus, RSV. RSV is caused by a paramyxovirus that causes acute respiratory tract illness in persons of all ages. In infants and young children, RSV is the most common cause of bronchiolitis and pneumonia.

Watch for these symptoms:

Fever, cough, wheezing, watery eyes, runny nose, sneezing. Very young infants sometimes have lethargy, irritability, poor feeding, and, sometimes, spells of not breathing (apnea). Excluding children with colds or other respiratory illnesses (without fever) who are well enough to attend child care or school settings will most likely not decrease the transmission of RSV, since it is often spread in the early stages of illness.

How it is spread:

Direct or close contact with contaminated secretions from the nose and mouth during coughing and sneezing, either droplet form or on contaminated hands or surfaces. RSV may persist on surfaces for many hours and on hands for 30 minutes or more. This makes handwashing and routine surface cleaning an important part of prevention.

Treatment:

Supportive treatment and medication for symptoms-Hospitalization may be necessary for those with serious symptoms or symptoms that are not getting better. The majority of children hospitalized for RSV infection are under 6 months of age.

Prevention and Controlling the Spread:

- Wash hands of children and self frequently with soap and running water, especially after coughing, sneezing, or wiping a nose.
- Minimize contact with respiratory secretions, such as saliva or nasal mucus.
- Dispose of any tissues or items soiled with discharges from the mouth or nose in a waste container.
- Do not share utensils, cups or glasses with other people.
- Clean and disinfect mouthed toys at least daily and when soiled.

Viral Meningitis

Knowing the facts



Viral Meningitis is caused by many different viruses; 70 – 90% of case are due to enteroviruses, such as: coxsackievirus or echovirus. In most people who are otherwise healthy the virus can cause serious illness but people recover without complications. Meningitis caused by viruses are different than those causing meningococcal disease which can be often be more serious.



Did You Know?

Enteroviruses, for example, are very common during the summer and early fall, and many people are exposed to them. However, most infected persons either have no symptoms or develop only a cold or rash with low-grade fever. Only a small proportion of infected persons actually develop meningitis.

How is viral meningitis spread?

If you are around someone who has viral meningitis, you have a moderate chance of becoming infected, but a very small chance of developing meningitis. Viral meningitis may be spread through direct contact with nose and throat secretions. Sharing a glass, cup, or eating utensil, coughing or sneezing into the face of another person, or sharing other items that go into the mouth are possible ways of spreading the infection.

What are the symptoms of viral meningitis?

Meningitis can produce mild symptoms, such as headache, low-grade fever and tiredness lasting 7-10 days, in some patients. In other patients, the symptoms can be severe and begin suddenly with fever, headache and stiff neck accompanied by some combination of other symptoms: decreased appetite, nausea, vomiting, sensitivity to bright light, confusion and sleepiness. In newborns and infants, the classic findings of fever, headache and stiff neck may or may not be present. An infant may have no other symptoms than being listless, irritable, and sleepy, having little interest in feeding and possibly vomiting.

How soon do symptoms appear?

Varies with the specific virus. For meningitis caused by Enteroviruses, usually 3 to 14 days.

When and for how long is a person able to spread this virus?

Also varies with the specific virus. Enteroviruses are communicable during and possibly for several weeks after illness (through contact with stool). Infected persons who may not seem ill are able to spread infection. You can usually spread the virus to someone else beginning about 3 days after you are infected until about 10 days after you develop symptoms.

What is the treatment for viral meningitis?

Antibiotics are not effective against a viral infection. Supportive treatment such as fluids and rest is often recommended.

How do I prevent the spread of viral meningitis?

- Children should be excluded from school/childcare until the absence of symptoms (fever, headache, etc.)
- Good hand washing as well as good cough hygiene (covering nose/mouth and discarding soiled tissues).
- Do not share food, drinks or any utensils with others
- Disinfect articles soiled by or in contact with an infected person.

Health Alert: Viral Meningitis

Date: _____

Dear Parent or Guardian

An individual at _____ has been diagnosed or is undergoing evaluation for Viral Meningitis. Viral Meningitis is caused by a multitude of viruses; 70 – 90% of case are due to enteroviruses, such as: coxsackievirus or echovirus. In most people who are otherwise healthy the virus can cause serious illness but people recover without complications. Meningitis caused by viruses are different than those causing meningococcal disease which can be often be more serious.

Watch for these symptoms:

If you are around someone who has viral meningitis, you have a moderate chance of becoming infected, but a very small chance of developing meningitis. Meningitis can produce mild symptoms, such as headache, low-grade fever and tiredness lasting two to three days, in some patients. In other patients, the symptoms can be severe and begin suddenly with fever, headache and stiff neck accompanied by some combination of other symptoms: decreased appetite, nausea, vomiting, sensitivity to bright light, confusion and sleepiness. In newborns and infants, the classic findings of fever, headache and stiff neck may or may not be present. An infant may have no other symptoms than being listless, irritable, and sleepy, having little interest in feeding and possibly vomiting.

How it is spread:

Viral meningitis may be spread through direct contact with nose and throat secretions. Sharing a glass, cup, or eating utensil, coughing or sneezing into the face of another person, or sharing other items that go into the mouth are possible ways of spreading the infection. Infected persons who may not seem ill are able to spread infection. You can usually spread the virus to someone else beginning about 3 days after you are infected until about 10 days after you develop symptoms.

Treatment:

Your healthcare provider may want to do a test to determine the type of meningitis that you may have. Antibiotics are not effective against a viral infection. Supportive treatment such as fluids and rest is often recommended.

Prevention and Controlling the Spread:

- Children should be excluded from school/childcare until the absence of symptoms (fever, headache, etc.)
- Good hand washing as well as good cough hygiene (covering nose/mouth and discarding soiled tissues).
- Do not share food, drinks or any utensils with others
- Disinfect articles soiled by or in contact with an infected person.