

Mayo Clinic Minute: What you should know about enteroviruses and babies

Enteroviruses are a group of viruses that commonly circulate during summer and fall. These viruses primarily affect young children. Many adults have some immunity from previous exposure.

Dr. Nipunie Rajapakse, a pediatric infectious disease specialist with the Mayo Clinic Children's Center, says there is a concern with newborns regarding enteroviruses.

Video	Audio
	"Enteroviruses are spread through respiratory droplets; they can also be spread by something called the fecal oral route so through stool or feces."
	Most adults and older children may have mild symptoms, if any.
	Dr. Nipunie Rajapakse's concern when it comes to enteroviruses lies primarily with newborns, especially if the mother is infected around the time of birth.
	"Sometimes we see newborns developing very severe viral sepsis, where the virus can impact multiple parts of the baby's body, including the heart and liver."
	And that can be a life-threatening infection. With no vaccine or antiviral medications available, prevention is key.
	"We really encourage pregnant women to be careful about exposure to infections during pregnancy and for enteroviruses, especially toward the end of pregnancy or around the time of delivery."
	Good hand hygiene and avoiding people who are all are good ways to prevent transmission and illness.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.