

## What kind of infection is it?

Rotavirus is a virus.

## How do people get infected?

- Rotavirus is most common in babies and young children but can make older children and adults sick.
- Virus is spread person to person by contact with stool (poop) from an infected person.
- Poor hand washing after using the bathroom.

## What are the usual symptoms?

- Illness usually starts 1-2 days after exposure.
- Vomiting, watery diarrhea, fever (which may be high), stomach pain or cramps.

## How long does it last?

- Typically 3-8 days.

## How is it treated?

- Prevent dehydration by drinking fluids. For young children, use a rehydration solution such as Pedialyte® or Rehydralyte®. Even a few sips or spoonfuls at a time can help. Sometimes anti-nausea medicines or IV hydration may be necessary if your child cannot keep down any fluids. Warning signs of dehydration include dry mouth, decreased urination, or dizziness.
- Because this is a viral infection, antibiotics do not help and may make the diarrhea worse.

## Are there possible complications?

- Dehydration is the major complication.
- Seizures can occur.
- Can be prolonged and severe in people with bad immune systems, such as transplant patients or those on chemotherapy for cancer.

## Comments:

- Vaccine available for infants prevents most rotavirus illness and prevents severe rotavirus disease.
- Tests for rotavirus can be positive up to 10 days after rotavirus vaccine.
- Wash hands carefully with soap and water after going to the bathroom or cleaning up diapers, vomit, or stool.
- Clean contaminated surfaces and disinfect with bleach solution (5-25 tablespoons of household bleach per gallon of water).
- People with diarrhea should not prepare food.

## Resources:

- [CDC webpage](#)