

What kind of infection is it?

Sapovirus is a virus.

How do people get infected?

- Most common in young children but can infect people of all ages.
- Spread from contact with things contaminated with the vomit or stool (poop) of an infected person and is highly contagious - only a tiny amount will cause illness.
- Can contaminate surfaces and people become infected by touching surface then placing hands in their mouths.
- Causes outbreaks in schools, day care, nursing homes.

What are the usual symptoms?

- Illness usually starts 1-4 days after exposure.
- Vomiting, watery diarrhea, stomach pain or cramps, headache, and less commonly fever.

How long does it last?

- Typically 1-4 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 few wet diapers), a lack of tears, 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.

Comments:

- 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 handout for norovirus, which is similar to sapovirus](#)