



# Navigating the symptoms and risks of Echovirus 11 in Adulthood

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## DESCRIPTION

Echovirus 11, a member of the enterovirus family, is known to cause a variety of infections, primarily affecting children. However, this virus can also impact adults, leading to a range of symptoms and potential complications.

Echovirus 11 is one of the many enteroviruses, a family of viruses that includes the common cold virus, poliovirus, and coxsackievirus. These viruses are transmitted through close contact with infected individuals, contaminated surfaces, and, in the case of Echovirus 11, via the fecal-oral route. Although these infections are most prevalent in children, adults can also contract Echovirus 11. The virus can cause a variety of symptoms, ranging from mild to severe, and can sometimes lead to complications.

While Echovirus 11 infections are more common in children, adults are not immune to the virus. Adults with compromised immune systems, such as those with HIV/AIDS, cancer, or autoimmune disorders, are at a higher risk of contracting and experiencing more severe symptoms from Echovirus 11 infections. Adults who live or work in close proximity to individuals infected with the virus are at an increased risk of exposure. Crowded living conditions or frequent interactions with infected individuals can facilitate the spread of Echovirus 11. Failure to maintain proper hand hygiene, especially after using the restroom, can increase the risk of fecal-oral transmission of the virus. Adults who neglect handwashing are more chances to contract the infection.

The symptoms of Echovirus 11 infections in adults can vary widely, from mild to severe. Some individuals may remain asymptomatic, while others may experience symptoms that are similar to those of a common cold or flu. Common symptoms in adults including fever, headache, fatigue, sore throat, muscle aches, nausea and vomiting, diarrhea, skin rash, runny or stuffy nose.

In some cases, Echovirus 11 infections can progress to more severe symptoms and complications in adults. Echovirus 11 can infect the membranes surrounding the brain and spinal cord,

leading to viral meningitis. Symptoms include severe headaches, neck stiffness, and sensitivity to light. In rare cases, the virus may invade the brain tissue, causing inflammation and potentially leading to encephalitis. This can result in more serious neurological symptoms, including confusion, seizures, and changes in behavior.

Preventing Echovirus 11 infections in adults involves following good hygiene practices and taking necessary precautions. Regular handwashing with soap and water, especially after using the restroom and before eating, is important in preventing the transmission of enteroviruses like Echovirus 11. Limit close contact with individuals who are infected or showing symptoms of the virus, and encourage them to follow proper hygiene practices to prevent its spread.

Regularly clean and disinfect frequently touched surfaces, such as doorknobs, countertops, and shared items. If people experience symptoms consistent with Echovirus 11 or any other contagious illness, it is essential to stay home to prevent spreading the virus to others. While there is no specific vaccine for Echovirus 11, keeping up with routine vaccinations, including the polio vaccine, can help reduce the overall risk of enterovirus infections.

There is no specific antiviral treatment for Echovirus 11 infections. Management primarily involves supportive care to alleviate symptoms. If an adult experiences severe symptoms or complications, they should seek medical attention promptly. Treatment may include pain relief, fever-reducing medications, and hospitalization in cases of severe illness, such as viral meningitis or encephalitis. It's essential for individuals at higher risk, such as those with compromised immune systems, to take extra precautions and promptly seek medical care if they suspect an Echovirus 11 infection.

Echovirus 11 infections in adults, though less common than in children, can lead to a range of symptoms, from mild discomfort to severe complications. Understanding the risks and practicing good hygiene, such as regular handwashing and avoiding close contact with infected individuals, can help reduce the chances of

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contracting or spreading the virus. While there is no specific treatment for Echovirus 11, timely medical intervention is important in managing severe symptoms or complications. By

taking these precautions and staying informed about the virus, adults can better protect themselves and those around them from Echovirus 11 infections.