

What is Adenovirus?

Adenoviruses are common viruses that cause a range of illness, including cold-like symptoms, sore throat, bronchitis, pneumonia, diarrhea and pink eye.

Adenoviruses can cause mild to severe illness, though serious illness is less common. Adenovirus can cause illness in persons of any age. People with weakened immune systems, or existing respiratory or cardiac disease, are at higher risk of developing severe illness from an adenovirus infection.

Adenoviruses are common among places with large groups of children, such as hospitals, schools, and camps.

Symptoms of Adenovirus disease usually appear 2-14 days after exposure.

How is Adenovirus Transmitted?

Adenoviruses are usually spread from an infected person to others through

- close personal contact, such as touching or shaking hands
- the air by coughing and sneezing
- touching an object or surface with adenoviruses on it, then touching your mouth, nose, or eyes before washing your hands

Some adenoviruses can spread through an infected person's stool.

If you think you have symptoms of Adenovirus disease, contact your healthcare provider.

Follow simple steps to protect yourself and others

You can protect yourself and others from adenoviruses and other respiratory illnesses by following a few simple steps:

- Wash your hands often with soap and water. Frequent handwashing is especially important in childcare settings and healthcare facilities. (see [CDC's Clean Hands Save Lives!](#))
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick

If you're sick you can help protect others:

- Stay home when you are sick
- Cover your mouth and nose when coughing or sneezing
- Avoid sharing cups and eating utensils with others
- Refrain from kissing others
- Wash your hands often with soap and water, especially after using the bathroom

Continue to following your normal environmental cleaning measures.

Additional resources are available at:

<https://www.nj.gov/health/cd/topics/adenovirus.shtml>

<https://www.cdc.gov/adenovirus/index.html>