

# Adenoviruses Fact Sheet



## What Are Adenoviruses?

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Adenoviruses are common viruses that cause a variety of illnesses such as the common cold, sore throat, bronchitis (chest cold), pneumonia (lung infection), diarrhea, and pink eye (conjunctivitis). Most adenovirus infections are mild with few symptoms.

## How Do Adenoviruses Spread?

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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

## Who Gets Adenoviruses?

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You can get an adenovirus infection at any age. People with weakened immune systems or existing respiratory or cardiac disease are more likely than others to get very sick from an adenovirus infection. Some people infected with adenoviruses, especially those who have weakened immune systems, can have ongoing infections that do not cause symptoms. They can remain sick and spread the illness to others for weeks or longer.

## How Are Adenoviruses Treated?

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There is no specific treatment for people with adenovirus infection.

## How Can Adenoviruses be Prevented?

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Protect yourself and others from adenoviruses and other respiratory illnesses by following these steps:

- Wash your hands often with soap and water—Frequent handwashing is especially important in childcare settings and healthcare facilities
- 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

## Where Can I Get More Information?

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Your healthcare provider

Your local health department: <https://www.nj.gov/health/webdata/lh/documents/lhdirectory.pdf>

New Jersey Department of Health: <https://www.nj.gov/health/cd/topics/adenovirus.shtml>

Centers for Disease Control and Prevention: <https://www.cdc.gov/adenovirus>