

## **Parechovirus in the U.S. (*Interview Transcripts*)**

**Dr. Safiat Amuwo, Internal Medicine Pediatric Physician, OSF HealthCare**

“Anyone is at risk of getting parechovirus. However, young babies and newborns are more at risk of having severe infections.” (:11)

**Dr. Safiat Amuwo, Internal Medicine Pediatric Physician, OSF HealthCare**

“A lot of times, children and adults don’t have any symptoms. Most people who do have symptoms just have mild symptoms such as diarrhea or respiratory symptoms such as cough, runny nose, and congestion. In some rare instances, young children and newborns can have severe infections. They can have sepsis, which is an infection of the blood, or they can have neurological complications such as meningitis or encephalitis.” (:29)

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“For viral infections, you want to practice good hygiene. Make sure you wash your hands after using the bathroom. Wash your hands before eating. Wash your hands after changing soiled diapers or clothing. Make sure that you aren’t sharing food utensils or toothbrushes.” (:24)

**Dr. Safiat Amuwo, Internal Medicine Pediatric Physician, OSF HealthCare**

“Since there are so many viral infections, we can most definitely mistake parechovirus for the flu or some type of common cold such as rhinovirus. However, if your child is severely ill, has trouble breathing, or has some type of change in their behavior, they most definitely should get evaluated.” (:24)