

Commentary

Modes of viral gastroenteritis frequency and its protection diagnosis

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DESCRIPTION

Several viruses can cause gastroenteritis. Viruses can be found in the vomit and the diarrhoea of infected people. It can live for a long time outside the body. People who are infected can spread the virus to objects they touch, especially if they don't wash their hands after using the bathroom. Food workers with the infection can spread it to others through food and beverages. Sewage that gets into the water supply can also spread the illness. Although viral gastroenteritis is sometimes called "stomach flu," the seasonal influenza (flu) virus does not cause it. By having intimate touch, viruses can travel quickly from one person to another. This frequently occurs as a result of persons carrying the virus on their hands after using the loo. The virus can also spread if infected people touch surfaces or other objects. If the sick individual prepares food, the virus may also spread. There may be widespread outbreaks of a virus that causes gastroenteritis, such as in nursing homes, schools, or hospitals.

Common viruses that cause gastroenteritis

Rotavirus: This virus most commonly infects infant's age 3 to 15 months. The illness lasts for 3 to 7 days and is most common in fall and winter.

Norovirus: This is the most common cause of adult infections and the virus that's usually responsible for outbreaks on cruise ships. Symptoms last from 1 to 3 days and can occur any time of the year.

Adenovirus: This virus occurs year-round and affects children under age 2. Symptoms last from 5 to 12 days. There's no effective treatment for viral gastroenteritis, so prevention is key. Avoid food and water that may be contaminated and wash the hands thoroughly and often.

Symptoms of viral gastroenteritis: Watery, usually non bloody diarrhoea-bloody diarrhoea usually means a person has a different,

more severe infection, Nausea, vomiting or both, Stomach cramps and pain, Occasional muscle aches or headache, Low-grade fever.

Viral gastroenteritis diagnosed

Healthcare provider will most likely diagnose the condition based on the history and symptoms. It will rarely need testing. If those symptoms persist, the healthcare provider may ask for a stool sample to look for viruses, bacteria, and parasites. Vaccines are available to protect children from rotavirus. Healthcare providers give shots to babies before the age of 6 months. Children can help prevent viral gastroenteritis.

Steps to prevent viral gastroenteritis

- Wash hands for 20 seconds with soap and water after going to the bathroom, after changing a diaper, and before touching any food.
- Use alcohol-based sanitizers.
- If someone in the house has gastroenteritis, wash all surfaces that might be contaminated with a bleach-based cleaner.
- Avoid any food or water with warnings of contamination.
- Specific treatment is usually not needed. In most cases, it simply need to drink plenty of fluids and rest at home until the virus leaves the system. In rare cases, it may need treatment for severe dehydration, with IV (intravenous) fluids.
- Drink plenty of light fluids like water, ice chips, fruit juice, and broth. Keep in mind that sports drinks are high in sugar and are not appropriate if they are extremely dehydrated. In this case, they need an oral rehydration solution.
- Avoid drinks that contain milk, caffeine, and alcohol.
- Once feel hungry again, start with mild, easy to digest foods.
- Rehydrate children with oral rehydration solutions.

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