

# Adenovirus causes respiratory illnesses

**CAPT. ALFREDA B. RITTER**

*Army Public Health Nurse*

The Adenovirus is a virus that most commonly causes respiratory illness.

It is spread primarily by direct or droplet contact. Direct contact occurs when someone touches an object or individual that has been infected with the virus. Droplet contact occurs when an infected individual sneezes or coughs and releases infected droplets into the air and area around them. Signs and symptoms can be similar to the common cold to cases of bronchitis, croup or pneumonia.

Individuals at increased risk for acquiring adenovirus include those living in close, tight living areas like on a ship, in military boot camps or dorms. Also at risk are people with poor or weak immune systems such as those with HIV, the elderly, or the very

young and those who often travel to foreign regions.

Recently, there have been several outbreaks of Adenovirus on military installations. New Soldiers in either basic training or advanced job training are at increased risk of acquiring the virus because of the close living quarters with others from various regions of the U.S. along with the stressors of military life and the training environment.

There is a vaccine available for individuals infected with the Adenovirus, but it is not a 100 percent cure. There are different strains or variations of the virus and the vaccine may not be as effective with some strains/variations. The best cure for the Adenovirus or any communicable disease is prevention. You can prevent or greatly reduce your risks by simply

practicing good personal hygiene, proper cleaning of shared living areas, covering your mouth and nose when coughing or sneezing, using hand gels that contain alcohol such as Purell or Germ X, allow appropriate space in living areas, and wearing a mask or scarf to cover your nose and mouth in public if you do become ill.

It is very important to use soap and water and wash hands for at least 20 seconds each time. Perform daily cleaning of living areas that are often shared such as toilets, door knobs and light switches. If you are using bleach to clean be sure to use a measuring cup or utensil. When mixing bleach do not use other chemicals or liquids and mix one-fourth cup bleach with one gallon water or one tablespoon of bleach with one quart of water.

As children most of us have been

told at some time or another to “cover your mouth” or “cover your nose” when coughing or sneezing. This is still good advice. Be sure to cover your nose and mouth with a tissue when coughing or sneezing, place the tissue in the trashcan and wash your hands afterwards. In crowded living areas try to leave at least three feet of space between you and others. Use alternative sleeping positions in beds that line up in a row by using the “head-to-toe” approach. By making these few basic changes you are protecting yourself and those around you.

To learn more about the Adenovirus or taking preventive measures to reduce your risks of acquiring an illness or disease visit [www.cdc.gov](http://www.cdc.gov).

Remember ... an ounce of prevention is worth a pound of cure.

## ATTENTION MILITARY READERS

Please tell our advertisers you saw their ad in *your* Monitor. Support the advertisers who appreciate the military and support *your* paper.



**Frank L. Hart**  
Lawyer

Over 25 Yrs. Experience  
Free Initial Visit

- Divorce and all other family law
- D.W.I.
- Misdemeanors
- Felonies - state and federal
- UCMJ Defense

**532-3647**  
2517 Montana Ave.  
El Paso, TX



NOT CERTIFIED BY THE TEXAS BOARD OF LEGAL SPECIALIZATION

**Fort Bliss DOL Contract: Managers Needed**

BMAR & Associates, a member of a FIRST Team, is seeking qualified Managers to fill the following positions upon award of the DOL contract: Project Manager, QC Manager, Installation Supply Manager, Transportation Manager, and Materiel Maintenance (MMD) Manager.


*All resumes will be kept in the strictest confidence.  
Competitive Salary & Benefits. EEO/M/F/D/V*

Email Resume to: [susan.sutton@bmar.lincfs.com](mailto:susan.sutton@bmar.lincfs.com)

**FOOT HEALTHCARE CENTER OF EL PASO, P.A.**

J. R. Vazquez, DPM  
Foot Specialist



*Specializing in Surgical/Medical Treatment of the Foot & Diabetic Foot Care*

**10470 Vista Del Sol, Suite 211**  
Office Hours By Appointment  
**592-4173**

**health MASTERS**

HAND & PHYSICAL THERAPY CENTERS

Welcome to health and happiness



Two Locations to Serve You  
**8111 North Loop, Suite B • 593-4985**  
**4650 Woodrow Bean, Suite G • 755-0738**



- Aquatic Program • Back School • Carpal Tunnel
- Golf Program
- Industrial Rehab/Consulting • Osteoporosis
- Orthopedics
- Return to Work Program • Sports Injuries • Tendonitis
- Work Conditioning



- Impairment Ratings
- Functional Capacity Evaluations (FCE's)
- Personalized Treatment Program

**\*Licensed Certified Hand Therapist**  
APTA/ASHT