



## A CUP OF HEALTH WITH CDC

### *Reeling in Rotavirus*

*Reductions in Rotavirus Disease after Introduction of Rotavirus Vaccine — United States, July 2007-June 2009*

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*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

[Susan Laird] Welcome to *A Cup of Health with CDC*, a weekly feature of the MMWR, the Morbidity and Mortality Weekly Report. I'm Susan Laird, filling in for your host, Dr. Robert Gaynes.

Rotavirus is the leading cause of severe diarrhea and dehydration in children under the age of five, worldwide, but the tide may be turning. A recent CDC study found that since introduction of a vaccine in 2006, the incidence of rotavirus has substantially declined in the U.S.

Dr. Jennifer Cortes is an EIS Officer with CDC's Division of Viral Diseases. She's joining us today to discuss the importance of parents getting their children the rotavirus vaccine. Welcome to the show, Dr. Cortes.

[Dr. Cortes] Hi, Susan. Thanks.

[Susan Laird] Dr. Cortes, how many cases of rotavirus did we have each year *before* the vaccine was available?

[Dr. Cortes] Well, rotavirus was the most common cause of severe diarrheal disease in children under the age of five and just about every child is affected by rotavirus before they turn five years old.

[Susan Laird] What improvements have we seen since the vaccine was approved?

[Dr. Cortes] We've seen pretty impressive declines in rotavirus disease. Some data shows up to 60 percent decreases in the number of rotavirus cases.

[Susan Laird] So what are the symptoms of rotavirus?

[Dr. Cortes] Rotavirus causes fever, nausea, vomiting, diarrhea, and most importantly, dehydration and so it can result in severe disease, leading to hospitalization and even death.

[Susan Laird] What can parents do to help protect their children from rotavirus?

[Dr. Cortes] Well, fortunately, in the United States, we have two vaccines available. They're both offered for infants under the age of six months and they're both oral vaccines, so the child doesn't need a shot. And they receive the vaccine at two and four months for one version and two, four, and six months for the other. And both are very effective in the prevention of rotavirus disease.

[Susan Laird] Where can listeners get more information about the rotavirus vaccine?

[Dr. Cortes] Listeners can find more information at our website, which is [www.cdc.gov/rotavirus](http://www.cdc.gov/rotavirus) and rotavirus is spelled r-o-t-a-v-i-r-u-s.

[Susan Laird] Thanks, Dr. Cortes.

[Dr. Cortes] Thank you, Susan.

[Susan Laird] I've been talking today with CDC's Dr. Jennifer Cortes about the importance of the rotavirus vaccine.

Remember, rotavirus vaccination prevents disease and reduces transmission of the virus. Parents - for the sake of *your* children and others, make sure that your infant gets the rotavirus vaccine.

Until next time, be well. This is Susan Laird for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.