

Preventing the Spread of Enterovirus D68

WHAT IS ENTEROVIRUS D68 (EV-D68)?

Enterovirus D68 is one of more than 100 non-polio enteroviruses. It primarily afflicts infants, children and teenagers. A 4-year-old boy in Hamilton Township, New Jersey, who died Sept. 28, 2014, is the first confirmed EV-D68-related fatality reported in the U.S.

WHAT IS THE CHANCE OF INFECTION?

Small numbers of EV-D68 cases are reported annually to the U.S. Centers for Disease Control and Prevention (CDC). However, in 2014 the number of cases is much higher than average.

Enteroviruses commonly circulate in summer and fall. From mid-August to Oct. 3, 2014, CDC or state public health laboratories confirmed 538 cases in 43 states and the District of Columbia. Refer to www.cdc.gov/non-polio-enterovirus/outbreaks/EV-D68-outbreaks.html for details about infection rates.

WHY ARE CHILDREN MORE SUSCEPTIBLE?

In general, children are more likely to get infected with enteroviruses because they have not yet built up immunity. Children with asthma may have a higher risk for severe respiratory illness caused by EV-D68 infection. Asthma and any other symptoms of respiratory illness should be treated in consultation with the child's caregiver.

HOW CAN YOU PREVENT THE SPREAD OF EV-D68?

EV-D68 likely spreads when an infected person coughs or sneezes. To help prevent the spread of infection, follow these steps and teach children about the importance of good personal hygiene:

- Wash hands often with soap and water for 20 seconds.
- Avoid touching eyes, nose and mouth with unwashed hands.

- Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home when you are sick.

WHAT ARE THE SYMPTOMS OF EV-D68?

Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches. Severe symptoms may include wheezing and difficulty breathing. Adults and children should seek medical care they are having difficulty breathing or if their symptoms are getting worse.

HOW IS EV-D68 DIAGNOSED?

EV-D68 can only be diagnosed by doing specific lab tests on specimens from a person's nose and throat. Most hospitals and doctor's offices cannot do testing to determine a specific type of enterovirus. The CDC recommends that clinicians only consider EV-D68 testing for patients with severe respiratory illness and when the cause of illness is unclear.

HOW IS IT TREATED?

There is no specific treatment or antiviral medication for EV-D68. Over-the-counter medications for pain and fever may be used to help relieve symptoms. Children should not take aspirin. Some people with severe respiratory illness may need to be hospitalized.

Source: Centers for Disease Control and Prevention: www.cdc.gov/non-polio-enterovirus/about/ev-d68.html

Keep Your Child from Getting and Spreading ENTEROVIRUS D68



Avoid close contact with sick people



Wash your hands often with soap & water



Cover your coughs & sneezes



Clean & disinfect surfaces



Avoid touching your face with unwashed hands



Stay home when you're sick



www.cdc.gov/non-polio-enterovirus/EV68/