

ENTEROVIRUS D-68 (EV-D68) FREQUENTLY ASKED QUESTIONS

What is Enterovirus D68 (EV-D68)?

Enterovirus D68 (EV-D68) was first identified in California in 1962 and is one of more than 100 non-polio enteroviruses.

How is Enterovirus D68 (EV-D68) spread?

Since EV-D68 causes respiratory illness, it can be found in saliva, mucus or sputum of someone infected. EV-D68 likely spreads from person to person when an infected person coughs, sneezes or touches a surface that is then touched by others.

Who is at risk of getting Enterovirus D-68 (EV-D68)?

In general, infants, children, and teenagers are most likely to get infected with enteroviruses and become ill. They do not yet have immunity (protection) from previous exposures to these viruses such as EV-D68.

***Children with asthma may have a higher risk for severe respiratory illness caused by EV-D68 infection.*

What are the symptoms of Enterovirus?

Mild symptoms may include fever, runny nose, sneezing, cough and body/muscle aches. Severe symptoms may include wheezing and difficulty breathing. Anyone with respiratory illness should contact their health care provider if they are having difficulty breathing or if their symptoms are getting worse.

What is the treatment for Enterovirus D-68?

There is no specific treatment for people with respiratory illness caused by EV-D68. For mild respiratory illness, relieve symptoms by taking over-the-counter medications for pain and fever. *Aspirin should not be given to children.* Some with severe respiratory illness may need to be hospitalized. There is no cure or vaccine.

How can I protect myself?

You can help prevent getting and spreading EV-D68 and other respiratory illnesses by following these steps:

- ⇒ 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.

For more information about Enterovirus D-68, visit www.cdc.gov or contact the Shelby County Health Department on social media.



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