



Enterovirus D68

What is Enterovirus D68?

Enterovirus D68 (EV-D68) is one of many non-polio Enteroviruses.

How is the virus spread?

Since EV-D68 causes respiratory illness, the virus can be found in an infected person's respiratory secretions, such as saliva, nasal mucus, or sputum. EV-D68 likely spreads from person to person when an infected person coughs, sneezes, or touches contaminated surfaces.

What are the symptoms of EV-D68 infection?

EV-D68 can cause mild to severe respiratory illness.

Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches.

Severe symptoms may include wheezing and difficulty breathing.

Anyone with respiratory illness should contact their doctor if 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.

What type of treatment and care should be given?

There is no specific treatment for people with respiratory illness caused by EV-D68. There are no antiviral medications currently available for people who become infected with EV-D68.

For mild respiratory illness, you can help relieve symptoms by taking over-the-counter medications for pain and fever. Aspirin should not be given to children.

Some people with severe respiratory illness may need to be hospitalized.

Is there a vaccine against EV-D68?

No. There are no vaccines for preventing EV-D68 infections.

Are there any cases of EV-D68 infection in Bermuda?

As of October 13, 2014 there have no reported cases in Bermuda.

How common are EV-D68 infections in the United States?

In general, a mix of enteroviruses circulates every year, and different types of enteroviruses can be common in different years. Small numbers of EV-

D68 have been reported regularly to CDC since 1987. However, this year (2014) the number of people reported with confirmed EV-D68 infection is much greater than that reported in previous years.

Who is at risk?

In general, infants, children, and teenagers are most likely to get infected with enteroviruses and become ill. That's because they do not yet have immunity (protection) from previous exposures to these viruses. We believe this is also true for EV-D68.

Adults can get infected with enteroviruses, but they are more likely to have no symptoms or mild symptoms.

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

What time of the year are people most likely to get infected?

People are more likely to get infected with enteroviruses in the summer and fall. EV-D68 infections are likely to decline later in the fall.

How can I protect myself?

You can help prevent yourself from 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.

What should people with asthma do?

Children with asthma are at risk for severe symptoms from EV-D68 and other respiratory illnesses. They should follow guidance to maintain control of their illness during this time.

- Discuss and update your asthma action plan with your primary care provider.
- Take your prescribed asthma medications as directed, especially long term control medication(s).
- Be sure to keep your reliever medication with you.
- Get a flu vaccine
- If you develop new or worsening asthma symptoms, follow the steps of your asthma action plan. If your symptoms do not go away, call your doctor right away.
- Parents should make sure the child's caregiver and/or teacher is aware of his/her condition, and that they know how to help if the child experiences any symptoms related to asthma.

Adapted from CDC, Non-Polio Enterovirus: Enterovirus D68 retrieved on October 13 2014 from

<http://www.cdc.gov/non-polio-enterovirus/about/ev-d68.html>

Reference:

Centers for Disease Control and Prevention. Retrieved on February 25 2014 from

http://www.cdc.gov/parasites/pinworm/gen_info/faqs.html

