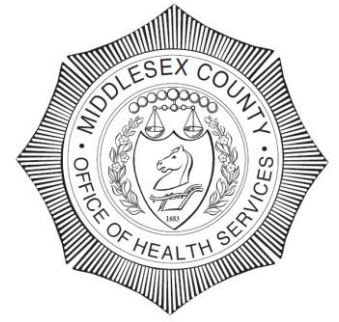


MIDDLESEX COUNTY OFFICE OF HEALTH SERVICES

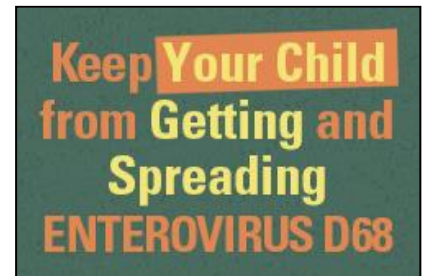


FACT SHEET

ENTEROVIRUS D68 FACT SHEET

What is Enterovirus D68?

- Enterovirus 68 (also known as EV-D68), is a viral respiratory infection that can cause symptoms such as coughing, wheezing and low blood oxygen levels (also known as hypoxemia).
- This virus was first identified in California in 1962, but it has not been commonly reported in the United States.
- Enteroviruses are very common, especially in children. There are more than 100 enteroviruses. One of the enteroviruses, Rhinovirus, is the predominant cause of the common cold.



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.
- Most of the children who got very ill with EV-D68 infection in Missouri and Illinois had difficulty breathing, and some had wheezing. Many of these children had **asthma or a history of wheezing**.



How does 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.



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

- EV-D68 infections are thought to occur less commonly than infections with other enteroviruses. However, the CDC does not know how many infections and deaths from EV-D68 occur each year in the United States. Healthcare professionals are not required to report this information to health departments. Also, CDC does not have a surveillance system that specifically collects information on EV-D68 infections.

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. Health officials believe this is also true for EV-D68.

How is it diagnosed?

- EV-D68 can only be diagnosed by doing specific lab tests on specimens from a person's nose and throat.
- Many hospitals and some doctors' offices can test ill patients to see if they have an enterovirus infection. However, most cannot do specific testing to determine the type of enterovirus, such as EV-D68. In New Jersey, health offices rely on the CDC for this sort of testing.

What are the treatments?

- There is no specific treatment for people with respiratory illness caused by 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. **Always contact your healthcare provider for personal medical advice.**
- Some people with severe respiratory illness may need to be hospitalized.
- There are no antiviral medications currently available for people who become infected with EV-D68.

How can I protect myself?

You can help protect yourself from respiratory illnesses by following these steps:

- Wash hands often with soap and water for 20 seconds, especially after changing diapers.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home if you are ill.
- If you or a family member has severe respiratory symptoms, contact your physician and follow his or her advice.



Is there a vaccine?

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

What is Middlesex County doing about EV-D68?

Middlesex County is:

- Working with the State, local health departments, hospitals and medical providers to:
 - Enhance their capacity to identify and investigate outbreaks
 - Evaluate potential cases for testing for EV-D68 to improve detection of enteroviruses and enhance surveillance
- Providing information to healthcare professionals, schools, universities, general public, and other partners in numerous formats, including health alerts, email and website updates.

