

# ENTEROVIRUS D68 (EV-D68) INFECTION

**CAUSE** Enterovirus D68 (EV-D68) is one of more than 100 enteroviruses.

**SYMPTOMS** 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. Some people may not have any symptoms. It is also important to note that only a small proportion of ill children have fever (~20%).

**SUSCEPTIBLE** In general, infants, children, and teenagers are most likely to get infected with enteroviruses and become ill because they do not yet have immunity (protection) from previous exposures to these viruses. 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.

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

CDC recommends:

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

**SPREAD** As 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 spreads from person to person when an infected person coughs, sneezes, or touches a surface that is then touched by others.

Frequent handwashing is the best preventative measure for stopping the spread of EV-D68.

**INCUBATION** It usually takes from 3 to 6 days (may be up to 10 days) from the time a person is exposed until symptoms begin.

**CONTAGIOUS PERIOD** During illness and possibly for several weeks after illness (through contact with respiratory secretions and possibly stool). Infected persons who may not experience signs or symptoms of illness are able to spread infection.

## EXCLUSION

Childcare: None, if the child is well enough to participate in routine activities and has been free of predominant symptoms for 24 hours. Ill children should not be in school or attend gatherings including but not limited to after school programs, other classes (dance, music lessons, tutorials etc.), sports events, parties, travel etc.

School: None, if the child is well enough to participate in routine activities and has been free of predominant symptoms for 24 hours. Ill children should not be in school or attend gatherings including but not limited to after school programs, other classes (dance, music lessons, tutorials etc.), sports events, parties, travel etc.

**TREATMENT** There are no antiviral medications currently available for people who become infected with EV-D68, management of illness is supportive (treat the symptoms).

For mild respiratory illness, you can help relieve symptoms by taking over-the-counter medications.

***DO NOT GIVE ASPIRIN OR SALICYLATE-CONTAINING MEDICATIONS TO ANY CHILD OR ADOLESCENT UNDER 18 YEARS OF AGE.***

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

## PREVENTION/ CONTROL

There are no vaccines for preventing EV-D68 infections. Prevent the spread EV-D68 and other respiratory illnesses by following these steps:

- Wash hands often with soap and water for 20 seconds after using the toilet, changing diapers, touching nasal secretions, and before preparing or eating food.
  - Thorough hand washing is the best way to prevent the spread of communicable diseases. Staff should closely monitor hand washing of all children after children have used the bathroom or have been diapered.
- 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 coughs and sneezes with a tissue or shirt sleeve, not your hands. Dispose of used tissues.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick. A 10% bleach solution is effective for enteroviruses, but

other disinfectants are also effective against these non-enveloped viruses. See the EPA website for specific details.

- Stay home when you are sick.

**For more information, please contact your local health department.**

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-887-2190 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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