

# Enterovirus D68

## Frequently Asked Questions



### What is Enterovirus D68 (EV-D68)?

EV-D68 is a non-polio enterovirus which causes respiratory illness. Infections with non-polio enteroviruses are common in the United States and many times cause no symptoms or mild symptoms. Sometimes, more severe illness can occur. Most enterovirus infections in the US are seen in the summer and fall. EV-D68 occurs less often in the US than other enteroviruses.

### What are the symptoms?

Most people will have common cold symptoms, such as a runny nose, cough, sneezing and a low grade fever. Some may develop a more severe cough, rash, or wheezing. People (especially children) with underlying respiratory conditions, such as asthma, are at a higher risk for problems that could require hospitalization. Keeping asthma under control is an important step in helping to prevent severe disease.

### How does EV-D68 spread?

Transmission is not fully understood. EV-D68 causes respiratory illness and the virus is found in respiratory secretions including saliva, nasal mucus, and sputum. The virus is also found in stool. The virus is likely spread when an infected person sneezes, coughs, or touches surfaces.

### What is the treatment for EV-D68?

There is no treatment for EV-D68 and there are no antiviral medications available to treat EV-D68 infection. Many infections are mild and only require treatment of the symptoms. Some people with severe respiratory illness will require hospitalization.

### How is EV-D68 prevented?

There is no vaccine for preventing EV-D68. The following steps will help protect yourself and others against respiratory illnesses:

- Wash your hands often with soap and water for 20 seconds, especially after changing diapers. Please note that hand sanitizer is NOT effective against this virus.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups and utensils with people who are sick.
- Cover your nose and mouth with a tissue or your upper sleeve when you cough or sneeze.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home from work or school if you are sick.

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For more information, contact your doctor, refer to the CDC's website at <http://www.cdc.gov> or contact the Bucks County Department of Health at 215-345-3318