

## ENTEROVIRUS D68 (EV-D68) INFECTION

### CAUSE

Enterovirus D68 (EV-D68); the virus is part of a group of viruses referred to as enteroviruses which there are more than 100 types of viruses.

### SYMPTOMS

EV-D68 causes mild to severe respiratory illness. Mild symptoms include: fever, runny nose, sneezing, cough, and body and muscle aches. Severe symptoms include: wheezing and difficulty breathing. Some people may not have any symptoms. Less often enteroviruses are known to cause acute neurological disease in children (i.e. aseptic meningitis, encephalitis, acute myelitis and paralysis).

### SPREAD

EV-D68 causes respiratory illness so the virus can be found in the respiratory secretions (e.g. saliva, nasal mucus and sputum). The virus spreads person-to person most likely from the coughs and sneezes of an infected person or touching ones mouth, nose, or eyes after touching objects or surfaces that have the virus on them.

### INCUBATION (time from exposure to onset of symptoms)

Unknown

### CONTAGIOUS PERIOD

Unknown

### EXCLUSION

Child Care and School: Until child has one normal day of health at home.

### TREATMENT

No specific treatment for the virus that causes respiratory illness. For mild respiratory illness, can relieve symptoms by taking over the counter medications (NOTE: Aspirin should not be given to children). Individuals with severe respiratory illness may need to be hospitalized for supportive care.

### PREVENTION AND CONTROL

- Practice cough etiquette-cover your coughs and sneezes
- Wash hands often for 20 seconds with **soap and water** (alcohol-based hand gels are not effective against EV-D68)
- Wash hands especially after changing diapers
- Avoid touching face (nose, mouth and eyes) with unwashed hands
- Avoid close contact with sick people
- Clean and disinfect surfaces commonly touched e.g. toys and doorknobs more frequently. Disinfect with a dilute bleach solution (1/4 cup bleach to 1 gallon water) or another EPA approved disinfecting product that indicates use for non-enveloped viruses (such as norovirus).

For more information please contact Contra Costa Public Health at 925-313-6740 and visit our website at: [cchealth.org/enterovirus/](http://cchealth.org/enterovirus/)