

# Frequently Asked Questions About Enterovirus D68 (EV-D68)

## What is EV-D68?

EV-D68 belongs to a large group of non-polio enteroviruses. Non-polio enteroviruses are very common viruses that often occur during the summer and fall months. EV-D68 is thought to occur less commonly than other enteroviruses.

## Who is at risk?

Children are at risk for EV-D68 infections, especially infants and pre-school age children. They are at increased risk because they have not yet acquired immunity from previous exposures. The illness is more serious for children with asthma and/or other respiratory diseases.

## Are there any special precautions for children with asthma?

Make sure a child with asthma takes their medications as prescribed by their health care provider. If your child has trouble breathing seek medical attention immediately.

## Can adults get infected?

It may be possible for an adult to become infected. However, there have been no laboratory confirmed cases to date of any adults getting infected during this current outbreak.

## How is it diagnosed?

EV-D68 infection can only be diagnosed by a specific lab test on specimens from a person's nose and throat. This specific test can only be done at select facilities, such as the New York Department of Health Laboratory and the Centers for Disease Control and Prevention (CDC).

## How is it spread?

The virus can be found in secretions such as saliva, nasal mucus, or sputum and probably stools. It can spread through close contact with infected people and is likely to spread from person- to -person when an infected person coughs, sneezes, or touches surfaces.

## What are the symptoms?

Most people infected do not have symptoms or have only mild cold or flu-like symptoms. The virus can cause mild to severe respiratory illness, especially in people with asthma and/or other respiratory diseases. Other symptoms can include fever, runny nose, sneezing, coughing, and body and muscle aches.

## What is the treatment?

There is no specific treatment for EV-D68 infection. Most infections are mild and they often go away on their own, only requiring treatment for specific symptoms. However, some people with severe respiratory illness may require hospitalization to receive appropriate medical care.

**How can I reduce the risk of getting infected?** Ways to help reduce the risk of becoming infected with EV-D68 include:

- Wash hands often with soap and water for 20 seconds, especially after changing diapers.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue.
- 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.

## Will getting the flu shot prevent EV-D68 infection?

No. There is no vaccine for preventing EV-D68 infection.

## Can my child or family member go to school or public places if they are sick?

No. A child/individual who is sick with respiratory symptoms, with or without a fever, should stay home until they are free of symptoms for 24 hours to avoid passing on the illness.

**For more information visit**

**[www.cdc.gov](http://www.cdc.gov) or [www.ongov.net/health](http://www.ongov.net/health) or like us on Facebook for updates**

Sources: New York State Department of Health and the Centers for Disease Control and Prevention (CDC)

9/24/14

Onondaga County Health Department



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