



Important Information about Enterovirus-68

(Information available from CDC.gov)

Enterovirus D68, one of more than 100 non-polio enteroviruses, has been in the national news recently and the Centers for Disease Control are following and studying this disease very carefully. We would like to share some facts with you, as well as personal and school based methods of attempting to prevent the spread of this communicable disease to the best of our ability.

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.
- 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.

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 a surface that is then touched by others. There are no vaccines for preventing EV-D68 infections.

What time of the year are people most likely to get infected?

In the United States, people are more likely to get infected with enteroviruses in the summer and fall. Cases are likely to decline later in the fall.

How common is EV-D68 in the United States?

In general, a mix of enteroviruses circulates every year, and different types of enteroviruses can be common in different years. Small numbers of EV-D68 have been reported regularly to CDC since 1987. However, this year the number of people reported with confirmed EV-D68 infection is much greater than that reported in previous years.

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. We believe 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.

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.

There are no antiviral medications currently available for people who become infected with EV-D68.

How can I protect myself and my family?

You can help prevent yourself from getting and spreading EV-D68 and other respiratory illnesses by following these steps:

- *Wash hands often with soap and water for 20 seconds.*
- *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 your coughs and sneezes with a tissue or shirt sleeve, not your hands.*
- *Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.*
- *Stay home when you are sick.*

How can we protect students and staff at school?

- *When using tissues in class, the student should be reminded to dispose of them in the trash directly and use hand sanitizer or soap/water to clean hands immediately.*
- *Remind students to “cough in their sleeve” not in their hands.*
- *Students and staff should sanitize after using door handles or light switches.*
- *The keyboard and mouse on all shared computers should be wiped down with a district approved disinfectant wipe prior to use by another student.*
- *Shared pencils, glue sticks, scissors, etc. should be stopped at this time. If shared items must be used, students need to sanitize before and after use.*
- *All students should sanitize before eating, after using the restroom, after using the playground equipment, and following recess and lunch when returning to the classroom.*
- *Students and staff who are actively ill should remain at home*
- *The single most effective way to prevent the spread of communicable disease is hand-washing!*