

ENTEROVIRUS D68



Fact Sheet

Enteroviruses are very common viruses, of which there are more than 100 types. Enterovirus D68 (EV-D68) is not a new virus, but it is less common than other types. EV-D68 can cause mild illness, but it can also cause serious respiratory symptoms. It can be particularly serious for children with asthma or other conditions that make breathing difficult. Children and adults who are having trouble breathing should seek medical care immediately.

SYMPTOMS:

Mild symptoms are similar to the common cold:

- Fever
- Runny Nose
- Sneezing
- Cough
- Body/Muscle Aches

Those with a history of asthma are a higher risk for severe symptoms:

- Difficulty Breathing
- Wheezing

See your health care provider for symptoms that are severe or do not get better.

If you would like to learn more about this, and other communicable diseases, go to <http://www.cdc.gov>.

This fact sheet was created by the Health Services Department of Beaverton School District and has been approved by the Washington County Health Department, Disease Control and Prevention Program.

HOW TO PREVENT GETTING AND SPREADING

EV-D68:

EV-D68 appears to spread through contact with respiratory secretions (from coughs or sneezes) of infected people.

- Wash your hands often with soap and water. (Alcohol sanitizer is NOT a replacement for washing hands.)
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Avoid touching eyes, nose and mouth.
- Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue, cover your mouth with your sleeve.
- Stay home from work, daycare or school when sick to avoid exposing others.

There is no vaccine to prevent EV-D68 infections.

NOW is a good time to review your family's immunization history and make sure all are up to date on vaccinations.

Immunizations are one of the best ways to protect you and your children from a variety of diseases.

