



## Enterovirus D68 (EV-D68)

EV-D68 is one of many non-polio enteroviruses. It was first discovered in California in 1962. Compared to other enteroviruses, EV-D68 has been rarely reported in the US for the last 40 years.

Anyone can get infected with non-polio enterovirus, but infants, children and teens are the most likely to get infected and become sick. The illness typically occurs in the summer and fall within the US.

Currently, Missouri and Illinois are experiencing an outbreak of EV-D68. Several other states are investigating clusters of children with severe respiratory illness, possibly due to EV-D68. CDC is monitoring these clusters closely.

## Symptoms of EV-D68

- Respiratory symptoms such as runny nose, coughing, sneezing, in some cases there may also be a fever associated with these symptoms. The incubation period (time from exposure to onset of symptoms) averages from 3-10 days.

## Transmission

- Since EV-D68 is not frequently identified, it has been less studied for the way it spreads, however, the virus can be found in respiratory secretions and is likely transmitted from person-person when an infected person coughs, sneezes, or from touching contaminated surfaces.
- The virus is also shed in stool of infected individuals.
- The virus can be shed from upper respiratory secretions from 1-3 weeks and from the stool for up to 8 weeks in an infected individual.

## Treatment

- There is no specific treatment for EV-D68, however many of these infections will be mild and self-limiting, requiring only treatment of symptoms with regular cough and cold preparations and anti-fever medications if a fever is present. \* Caution should be taken to ensure that cough or cold preparations do not already contain anti-fever medication before additional anti-fever medication is given to prevent the risk of overdose.
- In the Illinois and Missouri outbreak some individuals have been hospitalized for a more severe form of the illness and have required intensive supportive therapy.

- There are no antiviral medications currently available for treatment for EV-D68.

## Prevention

- There is no vaccine available for EV-D68.
- Individuals can protect themselves by:
  - Washing their hands often and thoroughly with soap and water for 20 seconds, especially after changing diapers.
  - Avoid touching eyes, nose and mouth with unwashed hands
  - Avoid kissing, hugging, and sharing cups or eating utensils with those who are sick
  - Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick

## What Should I do if I develop cold/respiratory symptoms?

- Consult with your physician and follow their instructions regarding symptom management at home.
- If condition worsens, i.e., your child develops difficulty breathing or wheezing, seek immediate medical attention
- If your child is sick, please keep them at home to reduce the likelihood of spread.

For more information, please contact **Susan Dubb**, Public Health Nurse for the Uncas Health District, at [sdubb@uncashd.org](mailto:sdubb@uncashd.org) or by phone at 860-823-1189 Ext. 123.

Source: Centers for Disease Control and Prevention

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[http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html?s\\_cid=cdc\\_homepage\\_whatsnew\\_001](http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html?s_cid=cdc_homepage_whatsnew_001)

<http://www.cdc.gov/non-polio-enterovirus/about/overview.html>

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm63e0908a1.htm>