

From:

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Enterovirus D 68

Enterovirus D68(EV-D68) is one of more than 100 non-polio enteroviruses first identified in California in 1962. ED-D68 spreads from person to person when an infected person coughs, sneezes or touches a surface that is touched by others. The virus can be found in an infected person's respiratory secretions such as saliva, nasal mucus or sputum.

Who is at risk?

Generally infants, children and teenagers are at a higher risk than adults due to lack of immunity from previous exposures to the viruses. Children with asthma may have a higher risk for severe respiratory illness caused by the EV-D68 infection.

Symptoms

EV-D68 can cause present with mild to severe respiratory illness.

- Mild symptoms may include fever, runny nose, sneezing, coughing and generalized body aches.
- Severe symptoms such as difficulty breathing, shortness of breath and wheezing are often present in children with asthma or other respiratory illness.

TREATMENTS

- There is no specific treatment for those affected with EV-D68.
- Contact your healthcare provider for any concerns on health

An Ounce of Prevention

- There are no vaccines for preventing EV-D68 infection
- Frequent hand washing with soap and water for at least 20 seconds
- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid close contacts such as kissing, hugging and sharing eating utensils or drinking cups with sick people.
- Cover your coughs and sneezes with tissue and not your hands
- Clean and disinfect frequently touched surfaces like toys and doorknobs especially if someone is sick.
- Stay home when you are sick.

Asthmatic children and High Risk for Severe Symptoms from EV-D68

- Discuss and update your child's asthma action plan with your primary care physician.
- Give your child the prescribed asthma medications as directed.
- Be sure to keep quick relief medication handy for your child
- Plan to give your asthmatic child flu vaccine
- Contact your doctor for difficulty in breathing or worsening symptoms
- Keep a rescue medication and asthma action plan in the school nurse office for your child.

From www.cdc.gov/non-polio-enterovirus.