

What is Enterovirus? There are hundreds of enteroviruses, most of which cause mild illnesses like the common cold. Most enterovirus (EV) infections occur during the summer and fall. EV-D68 is less common than other enteroviruses, but it has caused more serious illnesses, especially in children.

What are the symptoms?

- Fever
- Cough
- Muscle or body aches
- Difficulty breathing
- New onset wheezing
- Fast heart beat

How is it spread?

The disease is spread person-to-person through direct contact with respiratory droplets (i.e., coughing and sneezing), or through touching a contaminated surface.

Who is at risk for EV-D68?

Most people with EV-D68 have been between the ages of 5 and 17, but people of any age can get EV-D68. Children with asthma or a history of wheezing may be at a higher risk of severe disease

How is it treated?

- There is no specific treatment for EV-D68 or other enteroviruses.
- Take non-aspirin medication for fever.
- Most infections are mild and self-limited, needing only treatment of symptoms
- Some people with severe symptoms from EV-D68 will need to be hospitalized.

How is it prevented?

There is no vaccine for EV-D68, but it can be prevented by avoiding direct contact with an infected person, and by practicing good hygiene which includes:

- Covering your nose and mouth with a tissue when sneezing or coughing.
- Washing hands thoroughly with soap and water
- Disinfect frequently touched surfaces such as door-knobs often, especially if someone is sick.
- Avoid touching your eyes, nose or mouth with your hands.
- Stay home from work or school if you are sick.
- Avoiding close contact such as kissing and hugging.

This fact sheet is for information only and is not meant to be used for self -diagnosis or as a substitute for consultation with a health care provider. For more information, call your health care provider or call Wayne County Public Health at 734-727-7078.