

EV D68 Information for Parents/Guardians

EV-D68 is causing cases of severe respiratory (breathing) illness among children and other individuals. Such illness has sometimes resulted in hospitalization, especially among children with asthma.

The New York State Department of Health is advising parents and health care providers to be aware of the signs and symptoms of enterovirus EV-D68, a serious respiratory illness which has now been confirmed in more than a dozen children in New York State.

Symptoms to Look For

Fever, runny nose, sneezing, coughing, and body aches. Since EV-D68 has not been commonly reported, other symptoms may also be seen.

How It Is Spread

Enteroviruses are transmitted through close contact with a person who has the virus, or by touching objects or surfaces that have the virus on them and then touching your mouth, nose, or eyes.

What You Can Do Protect Yourself

There is no medicine to treat EV-D68 infections other than management of symptoms, which is why it is important to protect yourself and others by reminding your children to:

- Wash your hands often with soap and water for 20 seconds.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Use the same precautions you would use to prevent the spread of influenza.

These prevention steps are especially important for individuals or persons with family members who are infants, or who have chronic health conditions or compromised immune systems.

What to Do If Your Child Feels Ill

If your child is sick with a runny nose, cough, fever, or aches which are signs of an upper respiratory infection, do not send your child to school. Allow them to rest and recover at home. Contact your medical provider immediately if your child becomes seriously ill.

Additional Information on EV D68

While there are more than 100 types of enteroviruses that commonly cause respiratory illness, EV-D68 is a less common type. The Centers for Disease Control and Prevention (CDC) is working with health departments in several states to investigate suspected clusters of respiratory illness.

The NYSDOH is working with the CDC and partnering with local health departments and health care providers to monitor the spread of severe respiratory illnesses in New York and asking health care providers to report clusters or outbreaks of severe respiratory illnesses to their local health department or to DOH. Additionally, DOH has issued a health alert with information and guidance regarding EV-D68 to health care providers across the state.

In addition to the confirmed cases, more samples from around the state are on their way to the New York State Department of Health's (DOH) Wadsworth Laboratory for testing. Wadsworth Laboratory is the only laboratory in the state that can confirm EV-D68.

About Enteroviruses

- Enteroviruses are very common viruses; there are more than 100 types.
- It is estimated that 10 to 15 million enterovirus infections occur in the United States each year.
- Enteroviruses can cause respiratory illness, febrile rash, and neurologic illnesses, such as aseptic meningitis (swelling of the tissue covering the brain and spinal cord) and encephalitis (swelling of the brain).
- Most infected people have no symptoms or only mild symptoms, but some infections can be serious.
- Infants, children, and teenagers are most likely to get infected with enteroviruses and become sick.
- Most enterovirus infections in the United States occur seasonally during the summer and fall.

- Enterovirus D68 (EV-D68) infections are thought to occur less commonly than infections with other enteroviruses.
- EV-D68 was first identified in California in 1962. Compared with other enteroviruses, EV-D68 has been rarely reported in the United States.
- More information about enterovirus EV-D68 can be found at: <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>