

Enterovirus D68

**Keep Your Child
from Getting and
Spreading
ENTEROVIRUS D68**



Avoid close contact with sick people



Wash your hands often



**Cover your coughs
& sneezes**



Clean & disinfect surfaces



**Avoid touching your face
with unwashed hands**



Stay home when you're sick



www.cdc.gov/non-polio-enterovirus/EV68/

Enterovirus D68

What is enterovirus D68? Enterovirus D68 (EV-D68) is one of many non-polio enteroviruses.

What are the symptoms of EV-D68 infection? EV-D68 can cause mild to severe respiratory illness.

- Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches.
- Most of the children who got very ill with EV-D68 infection have difficulty breathing and some have wheezing. Many of these children have a history of asthma or wheezing.

How does the virus spread? Since EV-D68 causes respiratory illness, the virus can be found in an infected person's respiratory secretions, such as saliva, nasal mucus or sputum. EV-D68 likely spreads from person to person when an infected person coughs, sneezes or touches contaminated surfaces

What time of the year are people most likely to get infected? In general, the spread of enteroviruses is often quite unpredictable and different types of enteroviruses can be common in different years with no particular pattern.

Who is at risk? In general, infants, children and teenagers are most likely to get infected with enteroviruses and become ill.

How is it diagnosed? EV-D68 can only be diagnosed by doing specific lab tests on specimens from a person's nose and throat. Anyone with respiratory illness should contact their doctor if they are having difficulty breathing or if their symptoms are getting worse.

How can I protect myself? You can help protect yourself from respiratory illnesses by following these steps:

- Wash hands often 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 people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.

Retrieved on September 18th, 2014. More information about enterovirus EV-D68 can be found at: <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>