

Fact Sheet

Enterovirus D68

What are Enteroviruses?

Enteroviruses are infections that cause about 10 to 15 million infections in the United States each year. In 1962, California was the first to have isolated cases. Anyone can become infected with enteroviruses, but infants, children, and teenagers are more likely to become infected and get sick. Most people infected with enteroviruses have no symptoms or only mild symptoms, but some infections can be serious. Enterovirus infections seen in the United States usually occur more often during the summer and fall.

What are some symptoms?

Enterovirus D68 usually can cause mild to severe respiratory illness. The range of Enterovirus D68 illness is not well defined. However, some symptoms may include:

- Fever
- Cough
- Difficulty breathing
- Wheezing or Asthma
- Shortness of breath
- Pneumonia
- Runny nose, sneezing

What is Enterovirus D68?

Enterovirus D68 (EV-D68) is one of many enteroviruses. It is an infection that is thought to occur less commonly than infections with other enteroviruses.

Who gets Enterovirus D68?

Infants, children, and teenagers are most likely to become infected and get sick. This is because they do not yet have immunity from previous exposures to these viruses. Adults may also be affected by the virus.

What are some infections that enteroviruses are associated with?

Enteroviruses may be associated with eye redness, respiratory illness, hand, foot, and mouth disease, as well as viral meningitis.

How common are Enterovirus D68 infections?

There are more than 100 types of enteroviruses with Enterovirus D68 being the least likely to occur. Compared to other enteroviruses, Enterovirus D68 has been rarely reported over the last 40 years in the United States.

How is Enterovirus D68 spread throughout the community?

Enteroviruses and Enterovirus D68 are spread through close contact with infected people. The infection can be found in saliva, nasal mucus, stool, or sputum.

How can you get exposed to Enterovirus D68

You can get exposed to the virus by having close contact with an infected person. Some examples of how it is spread are:

- Touching or shaking hands
- Touching objects or surfaces that have the virus on them
- Changing diapers

How can a person prevent Enterovirus D68 infections?

The Centers for Disease Control (CDC) and the Health Department recommend to:

- 1.) Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.
- 2.) Avoid touching eyes, nose, and mouth with unwashed hands
- 3.) Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick
- 4.) Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.



What should I do if I think I have an Enterovirus D68 infection?

If you are concerned about your symptoms, you should contact your health care provider.

How do doctors treat Enterovirus D68 infections?

There is no specific treatment for Enterovirus D68 infections. Many infections will be mild and require only treatment of the symptoms. Some people with severe respiratory illness caused by Enterovirus D68 may need to be hospitalized and receive supportive therapy.

Is there a vaccine for Enterovirus D68?

No vaccine is available

If I have an Enterovirus D68 infection, what can I do to prevent others from getting infected?

- 1.) **Cleaning:** You, your family, and friends should wash their hands frequently with soap and warm water or use an alcohol-based hand sanitizer. Surfaces such as light switches, remote controls, or computer keyboards that are used often should be cleaned frequently.
- 2.) **Personal Items and Contact:** Avoid sharing any items that you have been in contact with recently. Refrain from kissing, hugging, and sharing cups or eating utensils with other people. After touching your eyes, nose, and/or mouth remember to wash your hands to help reduce the risk of spreading the infection.
- 3.) **Talk to your doctor:** Tell any healthcare provider who treats you if you have or had an enterovirus infection.
- 4.) **Coughing and Sneezing:** Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow – not your hands. After coughing or sneezing remember to wash your hands with soap and water.
- 5.) **Stay home:** If you are sick, stay home to prevent others from becoming ill.