ENTEROVIRUS D68 (EV-D68)

MACOMB COUNTY HEALTH DEPARTMENT

PUBLIC HEALTH FACT SHEET

What is enterovirus D68?

Enterovirus D68 (EV-D68) is one of many non-polio enteroviruses. There are more than 100 types. It is estimated that 10-15 million enterovirus infections occur in the U.S. each year. Enterovirus D68 infections are thought to occur less commonly than infections with other enteroviruses. The virus was first identified in California in 1962.

What are the symptoms of enterovirus D68 infection?

Most people infected with enteroviruses 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 U.S. occur seasonally during the Summer and Fall. Enterovirus D68 can cause mild to severe respiratory illness including wheezing, difficulty breathing, fever, and racing heart rate.

How is enterovirus D68 transmitted?

Enterovirus D68, like other enteroviruses, appears to spread through close contact with infected people. The virus likely spreads from person-to-person when an infected person coughs or sneezes, or when someone touches a contaminated surface.

Is there any treatment for enterovirus D68 infection?

There is no specific treatment for enterovirus D68 infection. Many infections require only treatment of the symptoms. Some people with severe respiratory illness may need to be hospitalized and receive intensive supportive care. There are no anti-viral medications currently available to treat enterovirus D68 infection and there is no vaccine.

How can infection with enterovirus D68 be prevented?

Persons can protect themselves by taking general hygiene precautions.

- Wash hands often with soap and water for 20 seconds, especially after changing diapers.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Dispose of used tissues in an appropriate waste container.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Routinely disinfect surfaces that are touched frequently, such as toys and doorknobs, especially if someone is sick.

Children who are sick should stay home from school. Persons who develop severe respiratory symptoms (wheezing, difficulty breathing, high fever) should be evaluated by a healthcare provider.