

Enterovirus D68 (EV-D68)

What is Enterovirus D68 (EV-D68)?

- Enterovirus D68 (EV-D68) is one of 100 non-polio enteroviruses.
- This virus was first identified in California in 1962, but it has not been commonly reported in the United States.

How does EV-D68 spread?

- EV-D68 can be found in an infected person's saliva, nasal mucus, or sputum.
- This virus likely spreads from person to person when an infected person coughs, sneezes, or touching contaminated surfaces.

What are the symptoms of EV-D68?

- EV-D68 can cause mild to severe respiratory illness.
- Children with asthma or a history of wheezing may experience severe illness, including admission to hospital intensive care units.
- Mild symptoms may include:
 - Fever
 - Runny nose
 - Sneezing
 - Cough
 - Body and muscle aches

How is EV-D68 diagnosed?

- EV-D68 can only be diagnosed by doing specific lab tests on specimens from a person's nose and throat.
- Many hospitals and some doctor's offices can test ill patients to see if they have enterovirus infections, but the Centers for Disease Control and Prevention (CDC) can determine if the patient has EV-D68.
- The Alabama Department of Public Health (ADPH) and CDC recommends that doctors consider EV-D68 testing for patients with severe respiratory illness, who are admitted to an intensive care unit (ICU), and who have a positive enterovirus test.



Alabama Department of Public Health

Infectious Diseases & Outbreaks Division, 201 Monroe St, Montgomery, AL 36104

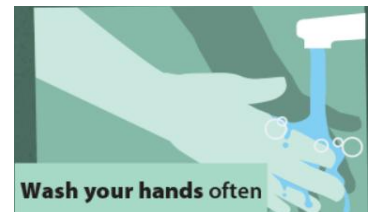
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What are the treatments?

- There is no specific treatment for people with respiratory illness caused by EV-D68, because it is a virus.
- For mild respiratory illness, you can help relieve symptoms by taking over-the-counter medications for pain and fever. Aspirin should not be given to children.
- Some people with severe respiratory illness may need to be hospitalized.
- There are no antiviral medications or vaccine currently available for EV-D68.

How do I prevent the spread?

- To prevent the spread of EV-D68, and all respiratory viruses, do the following:
 - Wash hands often with soap and water for 20 seconds
 - Avoid close contact, like kissing, hugging, and sharing cups or eating utensils with sick people
 - Cover your coughs and sneezes
 - Avoid touching eyes, nose, and mouth with unwashed hands
 - Clean and disinfect frequently touched surfaces
 - Stay home if you are sick
- People with asthma are at higher risk for respiratory illnesses, so they should follow their doctor's instructions and regularly take their medicines to maintain control of their asthma.
- Everyone should get an annual influenza vaccine.



Where can I find more information?

- Go to cdc.gov and type Enterovirus D68 or EV-D68 in Search Box.
- Go to adph.org and type Field Surveillance Staff in Search Box to contact your local staff or call the Epidemiology Division at 1-800-338-8374.

