

Prevention and Control Measures: Enterovirus D68 (EV-D68)

Transmission:

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

Symptoms:

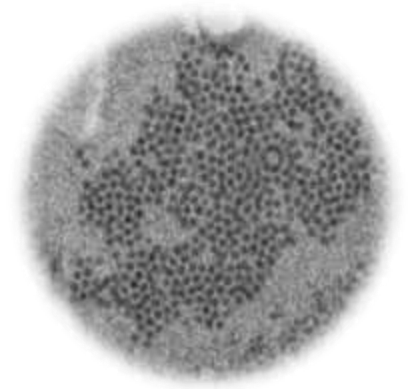
- EV-D68 can cause mild to severe respiratory illness.
- Children with asthma or a history of wheezing may experience severe illness, including admission to hospital intensive care units.
- Mild symptoms may include fever, runny nose, sneezing, coughing, or body/muscle aches.

Diagnosis and Treatment

- 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.
- 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.

Prevention and Control Measures:

- 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.



For More Information: Visit [cdc.gov](https://www.cdc.gov) and type [Enterovirus D68](#) in the SEARCH box.



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alabamapublichealth.gov/infectiousdiseases