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Enterovirus (EV-D68)

What is Enterovirus?

Enteroviruses are common viruses that cause different types of infections, like colds, rash illnesses, hand-foot-and-mouth disease, and viral meningitis. There are over 100 different types of enteroviruses. It is estimated that 10 to 15 million enterovirus infections occur in the United States each year. 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 United States occur seasonally during the summer and fall.

What is Enterovirus D68?

Enterovirus D68 (EV-D68) usually causes mild respiratory illness, very similar to the common cold. However, in people with weakened immune systems or chronic medical conditions, such as asthma, infection can be more severe and require hospitalization. Children with cold-like symptoms that experience difficulty breathing are asked to consult with their family physician for further evaluation.

No cases of EV-D68 have been reported in Riverside County.

What are the symptoms of EV-D68?

- Low-grade fever
- Cough
- Runny nose
- Sneezing
- Body/muscle aches

Infected people usually recover on their own by treating the symptoms. However, some individuals, especially those with weakened immune systems or underlying medical conditions, such as asthma, may experience severe complications and require hospitalization with supportive therapy.

How is EV-D68 spread?

EV-D68, like other enteroviruses, appears to spread through close contact with infected people. This can happen by having contact with saliva or mucus from an infected person then touching your eyes, nose or mouth; kissing, hugging, or shaking hands with an infected person; and touching objects or surfaces that have been contaminated with saliva or mucus from an infected person.

Who is at risk for getting EV-D68?

Infants, children, and teenagers are most likely to get infected with enteroviruses and become sick.

How do I know if I have EV-D68?

See your health care provider, especially if you have cold symptoms and have difficulty breathing. Lab testing may be used to confirm a diagnosis. Your health care provider may take a sample from the area in the back of your nose where your nose and throat meet. Health care providers may also diagnose EV-D68 based on clinical symptoms.

How is EV-D68 treated?

There is no specific treatment for EV-D68 infections.

- Many infections will be mild and self-limited, requiring only treatment of the symptoms.
- Some people with severe respiratory illness caused by EV-D68 may need to be hospitalized and receive intensive supportive therapy.

Because EV-D68 is a virus, antibiotics are not effective. No antiviral medications are currently available for treating EV-D68 infections.

How is EV-D68 prevented?

There are no vaccines for preventing EV-D68 infections, but there are several ways to help reduce the risk of getting infected with EV-D68:

- Wash hands often with soap and water for 20 seconds.
- 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.
- People should stay home when sick to avoid transmitting to others.

For more information go to <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>