

Fact Sheet: Enterovirus D68

Information provided is from the CDC web site

Enterovirus D-68 is a rare strain of non-polio enterovirus

- common in summer and fall
- about 10 million to 15 million infections in U.S. each year
- symptoms can be similar to common cold
- **infants, children, teenagers, ASTHMATIC patients and those with weakened immune systems at a greater risk of becoming sick when exposed.**



Source of virus: Non-polio enteroviruses can be found in an infected person's

1. feces (stool, poop),
2. eyes, nose, and mouth secretions (such as saliva, nasal mucus, or sputum)
3. blister fluid.

Transmission of Virus: (contamination: virus on object)

- ★ having close contact (changing diapers, such as touching or shaking hands, with an infected person)
- ★ sharing drinks- drinking virus-contaminated water (sharing water bottle, soda can, juice bottle/cups.)
- ★ touching contaminated objects or surfaces that have the virus on them
- ★ changing diapers of an infected person
- ★ if you then touch your eyes, nose, or mouth before washing your hands, you can transfer the infection to yourself and become sick.
- ★ non-polio enteroviruses can be transmitted to a fetus. Contact your Health Care Practitioner (HCP) for information and visit the CDC site: Pregnancy & Non-Polio Enterovirus Infection.

Symptoms of Enterovirus infection: Most people don't get sick or develop only mild symptoms.

MILD SYMPTOMS	SYMPTOMS PROGRESSION	SERIOUS SYMPTOMS
fever	viral conjunctivitis (viral pink eye)	Constant coughing
runny nose, sneezing, cough	hand, foot, & mouth disease (rash)	Difficulty breathing
skin rash	increasing coughing	High fever
body and muscle aches, malaise		viral meningitis (infection of the spinal cord and/or brain)

Protecting yourself and family members:

- **washing your hands** often with soap and water, especially after using toilet & changing diapers
- avoiding close contact, such as touching & shaking hands, with sick people
- **STAY HOME / OUT OF SCHOOL IF SYMPTOMS APPEAR**
- cleaning and disinfecting frequently touched surfaces and bed linens

This particular strain of virus appears to be affecting mostly children, especially those with asthma.

Parents should be on the alert for cold symptoms that progress and include difficulty breathing.

