

Some facts about enterovirus D68

There has been much interest in enterovirus D68; the following fact sheet may be useful to public health nurses visiting schools in NL. Please keep in mind that respiratory viruses often circulate this time of year. The key messages are always:

CLEAN your hands with soap and water, if not available use hand sanitizer

COVER your sneezes and coughs

CONTAIN your illness by staying home if you are sick

For posters to print see the GNL website:

<http://www.health.gov.nl.ca/health/publichealth/cdc/hygiene/index.html>

What is enterovirus D68?

Enterovirus D68 is one of a hundred or so similar viruses which circulate all the time, usually in the fall. The D68 strain is less common and while first identified in 1962 there have been very few cases identified until recently. There are clusters in the US and in a few provinces which started in early fall 2014.

What are the symptoms of enterovirus D68?

Most children have mild symptoms which are very similar to a common cold: fever, runny nose, sneezing, cough and body and muscle aches. In some children with other respiratory diseases such as asthma they may have more serious illness and require medical attention.

How does the virus spread?

This virus is spread from person to person when an infected person comes in contact with coughs, sneezes or touches contaminated surfaces. It is likely that the virus is also spread by the fecal-oral route and indirectly via contaminated surfaces and other materials and objects.

How do you treat Enterovirus D68 infection?

Treat the illness in the same way as for symptoms of any cold including rest, fluids and over-the-counter medications for fever and cough. If a person becomes more ill, such as difficulty breathing, they should seek medical attention. There is no vaccine to prevent infections caused by cold viruses nor is there any specific medical treatment.

How do you prevent this and other respiratory viral infections?

CLEAN your hands with soap and water, if not available use hand sanitizer

COVER your sneezes and coughs

CONTAIN your illness by staying home if you are sick