MADISON MEMORIAL HOSPITAL
(208) 359-6900 • www.madisonmemorial.org

EASTERN IDAHO Public Health DISTRICT
533-3152 • www.phd7.idaho.gov

INFORMATION ABOUT ENTEROVIRUS D68 (EV-D68)

You may be aware that an increasing number of children in several U.S. states have been diagnosed with Enterovirus D68. Here are facts and information that can help you to understand why this virus is gaining national attention and how to reduce your child's risk of contracting it.

Enteroviruses are quite common, as there are over 100 different types. Each year, 10 to 15 million enterovirus infections occur in the United States, usually during the summer and fall.

Most people infected with enteroviruses have only mild symptoms like a common cold, or none at all. However, sometimes enteroviruses can cause more serious symptoms that may require hospitalization.

EV-D68 usually causes mild to severe respiratory illness. Young children and people with asthma are particularly vulnerable. It is important to note that respiratory symptoms can progress quickly. Symptoms bear close watching, because many children don't "look" sick.

Symptoms

Most people who are infected do not get sick, or only have mild illness. Symptoms to watch for include:

- difficulty breathing shortness of breath
- rapid breathing
- wheezing
- lethargy
- mild fever; sometimes no fever
- runny nose, sneezing, cough
- skin rash
- body and muscle aches
- mouth blisters

Some infections can cause:

- viral conjunctivitis
- hand, foot, and mouth disease
- viral meningitis (infection of the covering of the spinal cord and/or brain).

For children with asthma:

Children with asthma should continue to follow their asthma action plans and speak with their doctor regarding yellow and red zone instructions. According to the CDC, more than half of the children with lab-confirmed EV-D68 nationally have a history of asthma or wheezing.

When to Seek Treatment

If you are concerned for any reason, notify your doctor.

If your child is experiencing signs of respiratory distress, such as wheezing, shortness of breath, feeling of "not getting enough air," call your doctor immediately or go to the ER.

If your child turns blue, stops breathing, or is unresponsive, call 911.

Prevention

Since many infected people do not have symptoms, it is difficult to prevent EV-D68 from spreading. But these tips can help keep your family healthier:

- Wash hands often with soap and water for at least 20 seconds, especially after using the bathroom.
- Avoid kissing, hugging, touching, 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.
- Stay home when feeling sick, and consult with your doctor if your child is experiencing symptoms.

If you have further questions, contact your healthcare provider or Eastern Idaho Public Health District at 533-3152.