

# Enterovirus D68

## Enteroviruses

- Enteroviruses are very common viruses; there are more than 100 types.
- It is estimated that 10 to 15 million enterovirus infections occur in the United States each year, usually in the summer and fall.
- Most people infected with enteroviruses have no symptoms or only mild symptoms, but some infections can be serious.
- Enterovirus D68 (EV-D68) is one of the more than 100 types of enteroviruses circulating in the U.S. and around the world.

## EV-D68 Symptoms and Treatment

- EV-D68 usually can cause mild to severe respiratory illness.
- Respiratory symptoms such as coughing and wheezing typically come on quickly.
  - Some people with severe respiratory illness caused by EV-D68 may need to be hospitalized and receive intensive supportive therapy. Infants, children, and teenagers with a history of asthma or those who have a condition that compromises their immune system, are most likely to become severely ill.
- There is no specific treatment, such as an anti-viral medication, for EV-D68 infections.
- Many infections resolve on their own and require only treatment at home:
  - Drink plenty of fluids
  - Rest
  - Stay home so you do not spread the virus to others.
  - Clean frequently touched surfaces to stop the spread of the virus at home.

## Guidance to Parents

- Parents of children with cold-like symptoms that experience difficulty breathing should contact their health care provider.

## Prevention

- There are no vaccines for preventing EV-D68 infections.
- 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

## Surveillance

- There will not be a daily count of cases as EV-D68 is not a reportable disease in the United States. Also, CDC does not have a surveillance system that specifically collects information on EV-D68 infections.