

# Facts about Enterovirus D68 (EV-D68) for Parents and Caregivers

## What is Enterovirus D68?

EV-D68 is one of many enteroviruses. EV-D68 infections occur during the summer and fall months. Most people infected with enteroviruses do not have symptoms or have only mild flu-like symptoms.



## Who is at risk?

Infants, children, and teenagers are most at risk for enteroviruses and may become ill. They are at increased risk because they have not yet acquired immunity from previous exposures. It is more serious for children with asthma and/or other respiratory diseases.

## How is it spread?

The virus can be found in secretions such as saliva, nasal mucus, or sputum and probably stools. It can spread through close contact with infected people and is likely to spread from person- to -person when an infected person coughs, sneezes, or touches contaminated surfaces.

## What are the symptoms?

Most people infected do not have symptoms or have only mild flu-like symptoms. The virus can cause mild to severe respiratory illness, especially in people with asthma and/or other respiratory diseases. Other symptoms can include fever, runny nose, sneezing, coughing, and body and muscle aches.

## What can I do to help reduce the risk of getting infected?

There is no vaccine to prevent EV-D68 infection. To reduce the risk of becoming infected with EV-D68:



- Wash hands often with soap and water for 20 seconds, especially after changing diapers.
- Wash hands, especially before and after eating, and whenever your hands are dirty.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue and encourage children to do so.
- 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.

## What should I do if my child becomes sick?

Do not send your sick child to school or day care. A child/individual who is sick with a fever and respiratory symptoms should stay home until they are free of symptoms for 24 hours to avoid passing on the illness.

## What to do if a child is ill and has difficulty breathing?

You should seek medical attention immediately.

**For more information visit**  
**[www.cdc.gov](http://www.cdc.gov) or [www.ongov.net/health](http://www.ongov.net/health)**

Sources: New York State Department of Health and the Centers for Disease Control and Prevention (CDC)

Onondaga County Health Department



[www.ongov.net/health](http://www.ongov.net/health) • [facebook.com/ongovhealth](https://facebook.com/ongovhealth)