

Enterovirus D68 (EV-D68)



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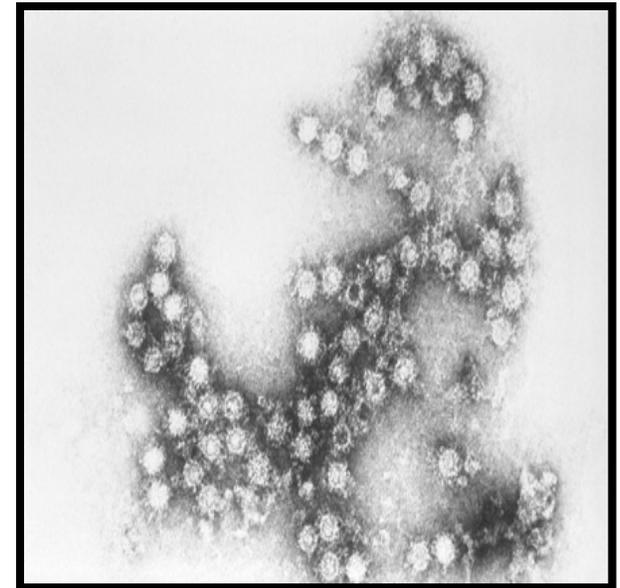
The Reader Will Be Able To...

- Recall two facts about Enterovirus.
- List two ways EV-D68 can be transmitted.
- Describe two ways to prevent EV-D68.
- Explain two symptoms of EV-D68.



What Are Non-polio Enteroviruses ?

- Non-polio enteroviruses are very common viruses.
- They cause about 10 to 15 million infections in the United States each year.
- Anyone can become infected with non-polio enteroviruses.
- But infants, children, and teenagers are more likely to get infected and become sick.
- That's because they do not yet have immunity (protection) from previous exposures to the viruses.



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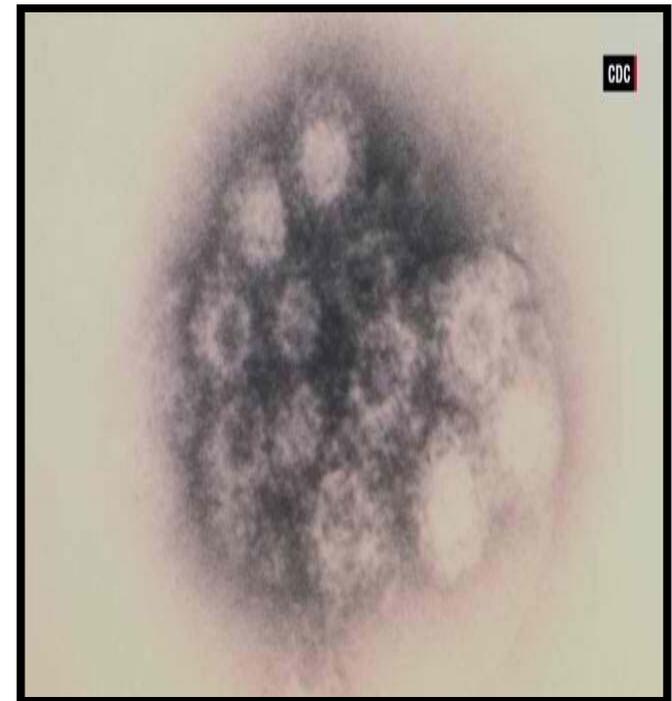
More Information On Non-polio Enteroviruses...

- Most people who get infected with non-polio enteroviruses do not get sick.
- Or, they may have mild illness, like the common cold.
- But some people can get very sick and have infection of their heart or brain or even become paralyzed.
- Infants and people with weakened immune systems have a greater chance of having these complications.



What Is Enterovirus D68 (EV-D68) ?

- Enterovirus D68 (EV-D68) is one of many non-polio enteroviruses.
- This virus was first identified in California in 1962, but it has not been commonly reported in the United States.
- From mid-August to September 12, 2014, a total of 97 people in six states were confirmed to have respiratory illness caused by EV-D68. (CDC)
- EV-D68 infections are thought to occur less commonly than infections with other enteroviruses.
- However, CDC does not know how many infections and deaths from EV-D68 occur each year in the United States.



Source: CDC

Other Information About Enterovirus D68 (EV-D68) ...

- EV-D68 can cause mild to severe respiratory illness.
- The spread of enteroviruses is often quite unpredictable, and different types of enteroviruses can be common in different years with no particular pattern.
- In the United States, people are more likely to get infected with enteroviruses in the summer and fall.
- EV-D68 infections are likely to decline later in the fall.



Who Is Are At Risk...

- Infants, children, and teenagers are most likely to get infected with enteroviruses and become ill.
- That's because they do not yet have immunity (protection) from previous exposures to these viruses.
- Among the EV-D68 cases in Missouri and Illinois, children with asthma seemed to have a higher risk for severe respiratory illness. (CDC)



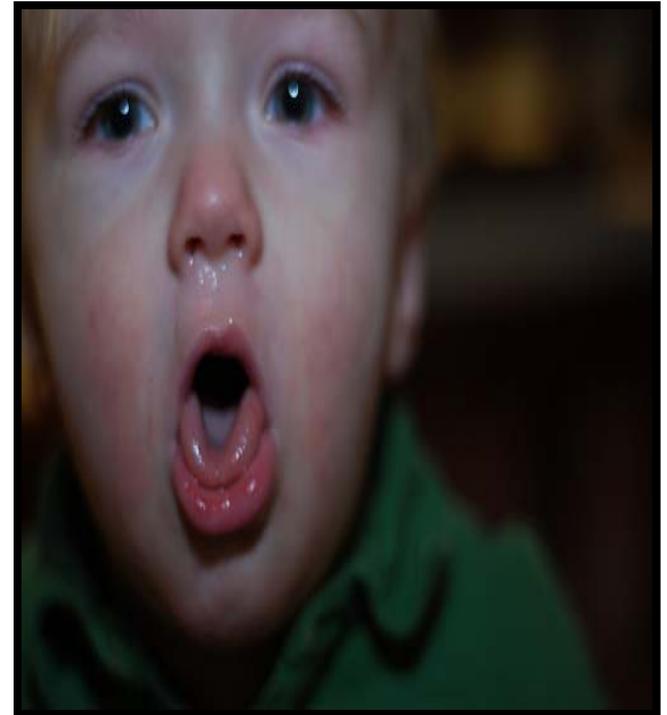
How Is The Virus Spread?

- Since EV-D68 causes respiratory illness, the virus can be found in an infected person's respiratory secretions, such as saliva, nasal mucus, or sputum.
- EV-D68 likely spreads from person to person when an infected person coughs, sneezes, or touches contaminated surfaces.



What Are The Symptoms?

- Mild symptoms may include:
 - Low grade fever, runny nose, sneezing, cough, and body and muscle aches.
- Most of the children who got very ill with EV-D68 infection in Missouri and Illinois had: (CDC)
 - Difficulty breathing, and some had wheezing.
 - Many of these children had asthma or a history of wheezing.
- Infected individuals generally self-recover without incident by treating symptoms.



What Are The Symptoms?

- Some individuals, especially those with weakened immune systems or underlying medical conditions, such as asthma, may experience severe complications and require hospitalization with supportive therapy.
- Children with cold like symptoms that experience difficulty breathing, are asked to consult with their family physician for further evaluation.



How Is It Diagnosed...

- EV-D68 can only be diagnosed by doing specific lab tests on specimens from a person's nose and throat.
- Respiratory illnesses can be caused by many different viruses and have similar symptoms.
- Not all respiratory illnesses occurring now are due to EV-D68.
- Anyone with respiratory illness should contact their doctor if they are having difficulty breathing, or if their symptoms are getting worse.



What Are The Treatments...

- There is no specific treatment for people with respiratory illness caused by EV-D68.
- For mild respiratory illness, you can help relieve symptoms by taking over-the-counter medications for pain and fever. Aspirin should not be given to children.
- Some people with severe respiratory illness may need to be hospitalized.
- There are no antiviral medications or vaccine currently available for people who become infected with EV-D68.

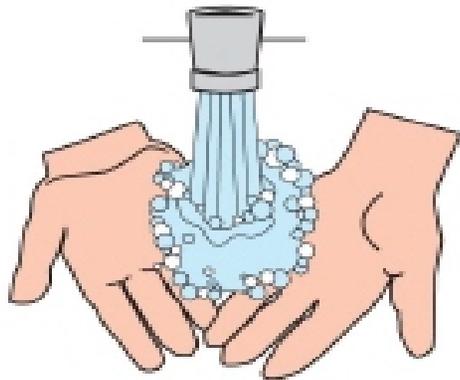


How To Prevent EV-D68?

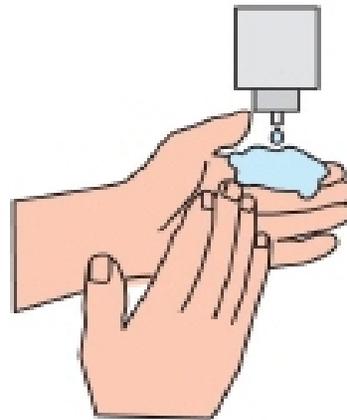
- Avoid close contact with sick people.
- Wash your hands often.
- *Alcohol based hand sanitizers are not effective against Enterovirus.*
- Cover your cough.
- Avoid touching your face, eyes, nose and mouth with unwashed hands.
- Clean and disinfect surfaces, such as toys and doorknobs.
- Stay home if you are sick.



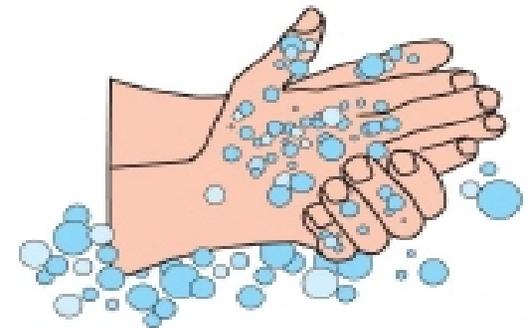
Hand Washing...



1. Wet hands with hot water (100°F-110°F)



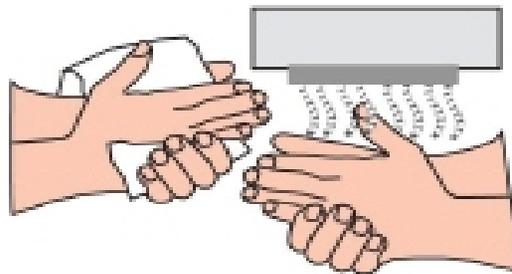
2. Use soap



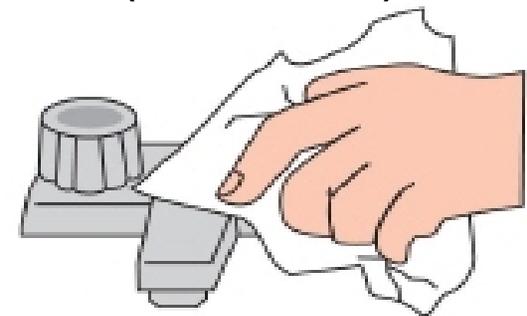
3. Lather, rub Sing Happy Birthday twice (15- 20 seconds)



4. Rinse



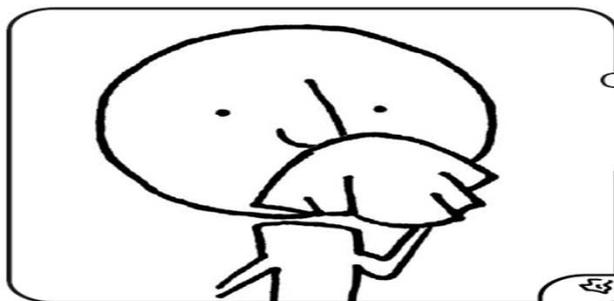
5. Towel or air dry hands



6. Turn off water with towel or sleeve

Stop the spread of germs that make you and others sick!

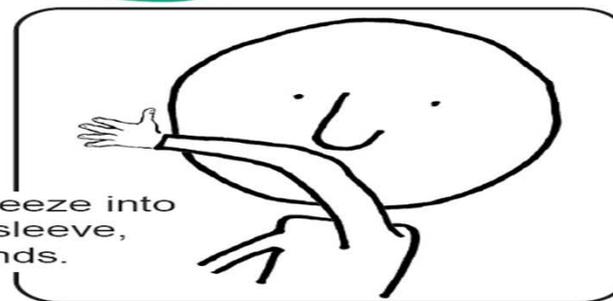
Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

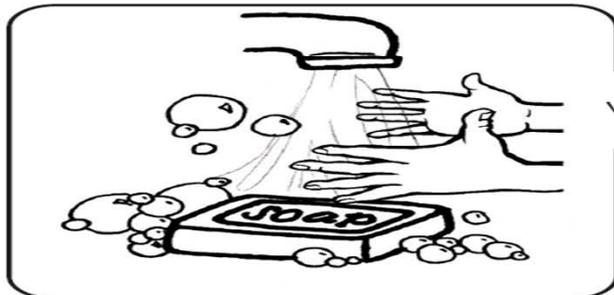
or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

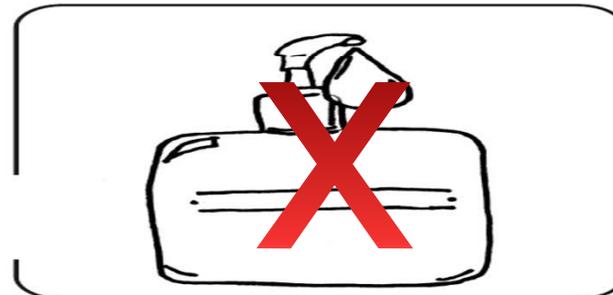


Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water



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Minnesota
Antibiotic
Resistance
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Source...

- Centers For Disease Control
- Indiana State Department Of Health
- Morbidity and Mortality Weekly,
September 12, 2014

