Fact Sheet: Enterovirus (EV) D68

What is Enterovirus? There are hundreds of enteroviruses, most of which cause mild illnesses like the common cold. Most enterovirus (EV) infections occur during the summer and fall. EV-D68 is less common than other enteroviruses, but it has caused more serious illnesses, especially in children.

What are the symptoms?
- Fever
- Cough
- Muscle or body aches
- Difficulty breathing
- New onset wheezing
- Fast heart beat

How is it treated?
- There is no specific treatment for EV-D68 or other enteroviruses.
- Take non-aspirin medication for fever.
- Most infections are mild and self-limited, needing only treatment of symptoms
- Some people with severe symptoms from EV-D68 will need to be hospitalized.

How is it spread?
The disease is spread person-to-person through direct contact with respiratory droplets (i.e., coughing and sneezing), or through touching a contaminated surface.

How is it prevented?
There is no vaccine for EV-D68, but it can be prevented by avoiding direct contact with an infected person, and by practicing good hygiene which includes:
- Covering your nose and mouth with a tissue when sneezing or coughing.
- Washing hands thoroughly with soap and water
- Disinfect frequently touched surfaces such as door-knobs often, especially if someone is sick.
- Avoid touching your eyes, nose or mouth with your hands.
- Stay home from work or school if you are sick.
- Avoiding close contact such as kissing and hugging.

Who is at risk for EV-D68?
Most people with EV-D68 have been between the ages of 5 and 17, but people of any age can get EV-D68. Children with asthma or a history of wheezing may be at a higher risk of severe disease.

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information, call your health care provider or call Wayne County Public Health at 734-727-7078.