Enterovirus (EV-68)

There are many types of enterovirus infections and they are common in summer and fall months. Most people that get this have mild flu-like symptoms or no symptoms at all. Most at risk to get to get the virus are infants, children, and teens, especially those with asthma.

A full set of symptoms are not known but could be:
- Runny nose
- Sneezing
- Coughing
- Body aches
- Fever (but not necessarily)

How is it spread:
- Close contact with others that are sick with the enterovirus.
- Person-to-person through coughs, sneezes or touching surfaces that have the virus on them.
- Enterovirus can be found in saliva, sputum, mucus and stool.

How do I decrease the risk of getting sick:
- Wash your hand often with soap and water for 20 seconds, especially after changing diapers.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue.
- Avoid hugging, kissing and sharing cups or utensils with a sick person.
- Disinfect surfaces (tables, doorknobs, toys) frequently if there is someone sick in your environment.

What should parents do if child is sick:
- Most children recover on their own and no medical treatment is needed.
- For mild symptoms over-the-counter medications for pain and fever will relieve symptoms. Do NOT give aspirin.
- If your child has asthma, stock up on asthma medications and adhere to the regular nebulizer treatments.
- A simple throat nose swab and lab test is done to identify what a child has.
- If a child develops fast, labored, or painful breathing they should call the doctor.
- If hospitalized, a child may receive nebulizer treatments, steroids and other therapies to improve breathing.

http://www.cdc.gov/ for more information
Keep Your Child from Getting and Spreading ENTEROVIRUS D68

- Avoid close contact with sick people
- Cover your coughs & sneezes
- Wash your hands often
- Clean & disinfect surfaces
- Avoid touching your face with unwashed hands
- Stay home when you’re sick

www.cdc.gov/