

# Enterovirus D68 Fact Sheet

September 10, 2014



## General Information

- Enteroviruses are common seasonal viruses that generally peak in late summer and early fall. They occur most frequently in children, teens and young adults.
- Enterovirus D68 is a less common strain that causes respiratory symptoms. These often include wheezing, shortness of breath, sneezing, coughing, runny nose and fever.
- Enterovirus is spread person-to-person by coughing, sneezing, or by touching infected persons or surfaces.
- While enterovirus is not generally life-threatening, infections can be severe, and can be especially dangerous for children with asthma or other underlying respiratory conditions.
- There is no vaccine to protect people from enterovirus. Most cases are mild to moderate, and affected persons generally recover on their own.

## What You Should Do

- Monitor children, teens and adults for respiratory symptoms.
- If symptoms occur, the individual should:
  - See a physician.
  - Stay away from school, day care, sporting events and other activities where proximity to others can spread the illness.
- Ensure children with pre-existing respiratory conditions, such as asthma, are diligently taking all medications prescribed to control their symptoms.
- Wash hands frequently, with soap and warm water, for at least 20 seconds.
- Cover coughs and sneezes, and remind kids to do the same.
- Avoid sharing beverages, plates, bowls, utensils and other objects that may contact the hands, face or mouth.
- Clean and disinfect commonly-touched surfaces, such as tables, chairs, countertops, toys, appliances, door handles and bathroom fixtures.
- Remember to get annual flu vaccines and other important immunizations for the entire family. Contact your physician or call the Health Department at **(800) 432-4121** for an appointment.

## For more information, visit:

[www.nwhealth.org](http://www.nwhealth.org), [www.michigan.gov/mdch](http://www.michigan.gov/mdch), [www.cdc.gov](http://www.cdc.gov)