

# Enterovirus D68 (EV-D68)

## 1. What is Enterovirus D68 (EV-D68)?

EV-D68 is a type of non-polio Enterovirus, a group of germs that is very common. Enteroviruses cause respiratory illness that affects a person's lungs and breathing. They cause about 10 to 15 million infections in the U.S. each year. EV-D68 infections are thought to be less common than other enterovirus infections. Since doctors don't have to report EV-D68 infections, it's unknown how many people get sick or die from EV-D68 each year.

## 2. How does EV-D68 spread?

People who have EV-D68 spread the virus when they cough or sneeze. Close contact with an infected person's saliva or mucus, or touching surfaces that have the virus on them, and then touching your mouth, nose, or eyes, can make you sick. In the U.S., people are more likely to get sick in the summer and fall.

## 3. Who is at risk for getting sick with EV-D68?

Anyone can get sick with an enterovirus. Babies, kids, and teens are more likely to get sick. That's because they haven't come into contact with the germ before and haven't developed immunity (protection) yet. Kids with asthma who get EV-D68 have a higher risk of severe respiratory illness.

## 4. What are the signs of EV-D68?

Most people infected with an enterovirus don't get sick. Some people may have mild illness, like the common cold. Mild symptoms may include runny nose, sneezing, cough, and body and muscle aches. Some people may also have a fever. Infants and people with weak immune systems have a higher chance of getting very sick.

## 5. How is EV-D68 treated?

There is no specific vaccine or treatment for people with respiratory illness caused by EV-D68. Seek medical attention immediately for anyone having any difficulty breathing, like wheezing, difficulty speaking or eating, belly pulling in with breaths, or blueness around the lips, especially if the child has asthma. You can relieve signs of mild respiratory illness with over-the-counter medicine for pain and fever. Don't give kids aspirin.

## 6. How can you prevent the spread of EV-D68?

- Wash hands often with soap and water for 20 seconds. Hand sanitizers, including alcohol-based sanitizers, don't get rid of this germ.
- Limit close contact, like kissing and sharing utensils, with people who are sick.
- Cover coughs or sneezes with your elbow or a tissue.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you're sick.
- Clean surfaces that are touched often, like toys and doorknobs.



### Key Points:

- EV-D68 is a type of non-polio enterovirus, a group of germs that is very common.
- Enteroviruses cause respiratory illness that affects a person's lungs and breathing.
- Babies, kids, and teens are more likely to get sick because they haven't come into contact with this germ before.
- Wash your hands, cover coughs and sneezes, and stay home when you're sick to stop the spread of EV-D68.

### For more information:

Los Angeles County,  
Department of Public  
Health

<http://publichealth.lacounty.gov/acd/Diseases/Enterovirus.htm>

Centers for Disease Control  
and Prevention (CDC)

<http://www.cdc.gov/non-polio-Enterovirus/about/EV-D68.html>

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