

ENTEROVIRUS-D68

In 2014, the United States experienced a nationwide outbreak of Enterovirus-D68 (EV-D68) associated with severe respiratory illness. From mid-August 2014 to January 15, 2015, a total of 1,153 people with respiratory illness caused by EV-D68 were confirmed. Almost all of the confirmed cases were among children, many of whom had asthma or a history of wheezing. Cases have also been confirmed in Europe and Canada. As of October 23, 2015, 5 cases of EV-D68 have been confirmed from CAPHA Member States.

CARPHA encourages Ministries of Health in Member States to increase awareness and remain vigilant for possible Enterovirus infections causing respiratory illness.

<p>What is Enterovirus D68 (EV-D68)?</p>	<p>One of more than 100 non-polio enteroviruses that causes respiratory illness.</p>
<p>How is EV-D68 spread?</p>	<p>A person infected with EV-D68 may release tiny droplets containing the virus into the air when sneezing, coughing and talking. You may become infected if these droplets land on your nose, mouth or eyes.</p> <p>Infection may also occur if you touch any of these body parts after touching objects contaminated by infected droplets. Potentially contaminated objects include doorknobs, phones, television remotes or someone's hands.</p> <p>Children and adults can get infected with EV-D68. As with all enteroviruses, infants, children and teenagers are more likely to get infected and become ill.</p>
<p>What are the main symptoms of EV-D68?</p>	<p>EV-D68 can cause mild to severe respiratory illness.</p> <ul style="list-style-type: none"> • Mild symptoms may include runny nose, sneezing, cough and body and muscle aches. • Severe symptoms may include wheezing and difficulty breathing.
<p>Is there treatment for EV-D68?</p>	<p>There is no specific treatment for people with respiratory illness caused by EV-D68. Talk to your child's doctor about the best way to control his or her symptoms.</p> <p>Some people with severe respiratory illness may need to be hospitalized.</p> <p>There are no antiviral medications currently available for people who become infected with EV-D68</p>
<p>Is there a vaccine available?</p>	<p>There is no vaccine for preventing infection with EV-D68.</p>
<p>How severe is the disease?</p>	<p>Severe symptoms due to EV-D68 may be more frequently reported in children with a history of asthma and people with a weakened immune system.</p> <p>There have been reports of a small number of children with some paralysis who also have EV-D68. A link between paralysis and EV-D68 is not confirmed.</p> <p>Anyone with respiratory illness should contact their healthcare provider if they are having difficulty breathing, or if their symptoms are getting worse.</p>
<p>What can I do to protect myself and my family?</p>	<p>Good hygiene can help prevent you from catching EV-D68 or spreading it to others.</p> <ul style="list-style-type: none"> • Practice proper handwashing with soap and water for at least 20 seconds • Regularly clean and disinfect frequently touched surfaces such as computer keyboards, telephones and door handles to get rid of germs • Cover mouth and nose with tissue or sleeve of shirt when coughing or sneezing. Do not cover with hands • Avoid touching of eyes, nose and mouth with dirty hands • Avoid contact with others by staying home if sick