



Enterovirus D68: Frequently Asked Questions

Enterovirus D68 (EV-D68) infections among children have been identified in multiple states in recent weeks. This fact sheet addresses some frequently asked questions about illnesses from EV-D68. Information is available on the CDC website at www.cdc.gov/non-polio-enterovirus/about/ev-d68.html.

What is enterovirus D68?

Enterovirus D68 is one of over 100 types of human enteroviruses, and is thought to occur less frequently than other enteroviruses. Enteroviruses commonly circulate during the summer and fall months.

What are the symptoms of EV-D68 infection? What are the treatments?

- EV-D68 usually causes mild, self-limited common cold symptoms, such as runny nose, sneezing, and cough. Fever has not been reported in most patients with EV-D68 infection.
- EV-D68 infection, however, can cause more severe respiratory symptoms, such as difficulty breathing and wheezing. Persons with severe illness may need to be hospitalized and receive intensive supportive therapy.
- Similar symptoms can be caused by other more common respiratory viruses which are also normally circulating at this time of year, such as rhinovirus, other enteroviruses, and influenza.

How can EV-D68 be diagnosed? Who is at risk?

- EV-D68 can only be diagnosed by doing special lab tests from swabs from a person's nose and throat. This type of specific testing is not readily available currently in Texas. CDC recommends that doctors only consider EV-D68 testing for patients with severe respiratory illness.
- Because there is no specific antiviral treatment for people with EV-D68 infection, testing a patient for EV-D68 will not affect their doctor's medical management of their symptoms.
- Infants, children, and adolescents are most likely to become infected with enterovirus. Children with asthma seem to have a higher risk for severe illness from EV-D68.
- Anyone with respiratory illness should seek medical attention if they are having difficulty breathing, or if their symptoms are getting worse.

How is EV-D68 spread? How can I protect myself from infection?

EV-D68 spreads like the common cold. This means you can get EV-D68 by coming in close contact with sick individuals who cough or sneeze near you or by touching contaminated surfaces.

You can protect yourself and your family from respiratory illnesses with the following steps:

- Wash your hands often with soap and water for 20 seconds.
- Wash your hands *before* touching your eyes, nose and mouth.
- Don't kiss, hug or share food or drinks with someone who is sick.
- Disinfect frequently touched surfaces, such as doorknobs and toys.
- If your child has asthma, make sure to follow recommended treatment plans and seek medical attention if your child's breathing worsens or is not controlled by prescribe treatments.

Concerned parents with an ill child should contact their medical provider.