

# Enterovirus D68

**Keep Your Child  
from Getting and  
Spreading  
ENTEROVIRUS D68**



**Avoid close contact with sick people**



**Wash your hands often**



**Cover your coughs  
& sneezes**



**Avoid touching your face  
with unwashed hands**



**Clean & disinfect surfaces**



**Stay home when you're sick**



[www.cdc.gov/non-polio-enterovirus/EV68/](http://www.cdc.gov/non-polio-enterovirus/EV68/)

# Enterovirus D68

**What is enterovirus D68?** Enterovirus D68 (EV-D68) is one of many non-polio enteroviruses.

**What are the symptoms of EV-D68 infection?** EV-D68 can cause mild to severe respiratory illness.

- Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches.
- Most of the children who got very ill with EV-D68 infection have difficulty breathing and some have wheezing. Many of these children have a history of asthma or wheezing.

**How does the virus spread?** Since EV-D68 causes respiratory illness, the virus can be found in an infected person's respiratory secretions, such as saliva, nasal mucus or sputum. EV-D68 likely spreads from person to person when an infected person coughs, sneezes or touches contaminated surfaces

**What time of the year are people most likely to get infected?** In general, the spread of enteroviruses is often quite unpredictable and different types of enteroviruses can be common in different years with no particular pattern.

**Who is at risk?** In general, infants, children and teenagers are most likely to get infected with enteroviruses and become ill.

**How is it diagnosed?** EV-D68 can only be diagnosed by doing specific lab tests on specimens from a person's nose and throat. Anyone with respiratory illness should contact their doctor if they are having difficulty breathing or if their symptoms are getting worse.

**How can I protect myself?** You can help protect yourself from respiratory illnesses by following these steps:

- Wash hands often with soap and water for 20 seconds, especially after changing diapers.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.

Retrieved on September 18<sup>th</sup>, 2014. More information about enterovirus EV-D68 can be found at: <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>