



# Tarrant County Public Health

# BULLETIN

## ENTEROVIRUS D68

### **What is enterovirus D68?**

Enterovirus D68 (EV-D68) is one of many non-polio enteroviruses. This virus was first identified in California in 1962, but it has not been commonly reported in the United States.

### **What are the symptoms of enterovirus D68?**

Enterovirus D68 can cause mild to severe respiratory illness. Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches. Many children with asthma or a history of wheezing can develop difficulty breathing from enterovirus D68.

### **How does enterovirus D68 spread?**

Since enterovirus D68 causes respiratory illness, it can be found in an infected person's respiratory secretions, such as saliva, nasal mucus or sputum, or an infected person's stool. The virus likely spreads from person to person when an infected person coughs, sneezes or touches contaminated surfaces.

### **How common are enterovirus D68 infections in the United States?**

Enterovirus D68 infections are thought to occur less commonly than infections with other enteroviruses. Healthcare professionals are not required to report this information to health departments. The CDC does not have a surveillance system that specifically collects information on enterovirus D68 infections.

### **What time of the year are people most likely to get infected?**

The spread of enteroviruses is unpredictable. In the United States, people are more likely to get infected with enteroviruses in the summer and fall.

### **Who is at risk to get sick from enterovirus D68?**

Infants, children and teenagers are most likely to get infected with enteroviruses and become ill. That's because they do not yet have immunity from previous exposures to these viruses. During recent national clusters, children seemed to have a higher risk for severe respiratory illness and in many cases required hospitalization.

### **How is it diagnosed?**

Enterovirus D68 can only be diagnosed by doing specific lab tests on specimens from a person's nose and throat. Most hospitals, doctor offices and public health laboratories cannot do specific testing to determine the type of enterovirus, like enterovirus D68. Tarrant County Public Health will coordinate with CDC labs to confirm positive cases.

### **Is there a vaccine for enterovirus D68?**

No vaccine exists for preventing enterovirus D68 infections.

### **What are the treatments?**

For mild respiratory illness, you can help relieve symptoms by taking over-the-counter medications for pain and fever. Some people with severe respiratory illness may need to be hospitalized. If you are having trouble breathing, see a medical provider immediately.

### **How can I protect myself from enterovirus D68?**

Wash your 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 sick people. Disinfect frequently touched surfaces.