



Enteroviruses and enterovirus D68

What is an enterovirus?

- Enteroviruses are very common viruses; there are more than 100 types. It is estimated that 10 to 15 million people get enterovirus infections in the United States each year.
- Most people infected with enteroviruses have only mild symptoms or none at all, but some infections can be serious.
- Most enterovirus infections in the United States occur during the late summer and fall.

What is enterovirus D68?

- Enterovirus D68 (EV-D68) is not a new virus, but it is less common than other enteroviruses. Compared with other enteroviruses, EV-D68 has been rarely reported in the United States for the last 40 years.
- EV-D68 can cause serious respiratory symptoms. It can be particularly serious for children with asthma or other conditions that make breathing difficult. For these children, EV-D68 infections can result in hospitalization.

What are the symptoms of EV-D68?

- The virus can cause symptoms similar to a cold. In some cases, symptoms can go beyond coughing and congestion to difficulty breathing or wheezing.

How is the EV-D68 virus spread?

- EV-D68 appears to spread through contact with respiratory secretions (from coughs or sneezes) of infected people.

How is EV-D68 treated?

- Many infections are mild. They require only medication taken for personal comfort.
- People with severe difficulty breathing may need to be hospitalized and may receive intensive supportive therapy.
- No medications are currently available for treating EV-D68 infections.

What can be done to avoid getting an EV-D68 infection?

- There are currently no vaccines for preventing EV-D68 infections. Do the following to reduce the risk of getting infected with EV-D68: Children and adults with asthma should be sure to have their asthma symptoms under control, and see a healthcare provider if they develop a respiratory infection and their asthma symptoms worsen. Wash your hands often with soap and water for 20 seconds, especially after changing diapers.
- Avoid touching your 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.
- If you're ill, do not go to daycare, school or work.

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