

ENTEROVIRUS D68 FACT SHEET

What are enteroviruses?

Enteroviruses are respiratory viruses that most often affect infants, children, and teenagers. They are quite common, especially during the late summer and fall months. There are more than 100 types of enteroviruses causing between 10 and 15 million infections in the United States every year.

What are the symptoms?

Most people who are infected show either no symptoms or mild illness. Symptoms generally look like the common cold with runny nose, sneezing, coughing, fever, rash, and wheezing. Children under the age of 5 or with history of asthma are more likely to have severe symptoms.

How does enterovirus spread?

Enterovirus spreads through eye, nose, and mouth secretions (saliva, nasal mucus, etc.) through touching, sharing drinks, and other forms of close contact with others.

What is the treatment for enterovirus?

There is no specific treatment for enterovirus. Many illnesses will be mild needing only treatment of the symptoms. In most cases the illness will resolve on its own in about a week. Some cases may be severe and require the person to be hospitalized for more intensive treatment. There is currently no antiviral medications or vaccine available to treat enteroviruses.

How can you protect yourself?

You can help protect yourself from respiratory illnesses by following these important steps:

- Wash hands often with soap and water for 20 seconds, especially after changing diapers
- Avoid touching the eyes, nose, and mouth, with unwashed hands
- Cover coughs and sneezes with a tissue or the sleeve
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick
- Clean surfaces, such as doorknobs and toys, often and properly
- Keep sick children home from school and other events
- Monitor and control asthma in children
- Make sure vaccinations, including the influenza vaccine, are up to date
- Seek medical attention for problems related to breathing

Where can I get more information on Enterovirus?

www.dshs.state.tx.us

www.cdc.gov

Source of information:

Centers for Disease Control and Prevention (CDC)

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