

7 Ways to Prevent Enterovirus D68



- 1) WASH YOUR HANDS** for at least 20 seconds- this is the best way to avoid illness.
- 2) DO THE VAMPIRE SNEEZE.** Cough into your elbow. Do not cover your sneeze/cough with just your hand.
- 3) DO NOT TOUCH YOUR EYES, NOSE AND MOUTH-** this is how it can enter your body.
- 4) SHARING IS NOT CARING.** Do not share forks, spoons, cups or other eating utensils with anyone else.
- 5) GERMS BE GONE!** If someone at home is sick, clean common surfaces frequently.
- 6) GET SOME R&R.** Anyone with a fever should stay home until they have had NO fever for 24 hours. Not having a fever while taking medicines for fevers (acetaminophen/ibuprofen/etc) does not count. Do not “drug and drop” your kids at school!
- 7) DOCTOR, DOCTOR!** If you or your children are sick and experiencing any difficulty breathing, see you doctor right away.