

## Fact Sheet

# ENTEROVIRUS D68

**Also Known as:** EV-D68



## What is Enterovirus D68?

Enteroviruses are very common viruses. There are more than 100 types of enteroviruses. Enterovirus D68 (EV-D68) infections are thought to occur less commonly than infections with other enteroviruses. EV-D68 was first identified in California in 1962. Compared with other enteroviruses, EV-D68 has been rarely reported in the United States, so very little is known about this virus.

## What are the symptoms?

People who are infected with EV-D68 can have a range of symptoms, from mild to severe illness requiring hospitalization. Symptoms may include:

- Difficulty breathing
- Cough
- New onset wheezing
- Fever
- Tachycardia (fast heartbeat)

The full spectrum of EV-D68 illness is not well-defined. Consult your healthcare provider with concerns and questions.

## How is it transmitted?

EV-D68 causes respiratory illness, and the virus can be found in respiratory secretions such as saliva, nasal mucus, or sputum, or stool. The virus likely spreads from person to person when an infected person coughs, sneezes, or touches contaminated surfaces.



## What is the treatment?

There is no specific treatment for EV-D68 infections.

- Many infections will be mild and self-limited, requiring only treatment of the symptoms.
- Some people with severe respiratory illness caused by EV-D68 may need to be hospitalized and receive intensive supportive therapy.

No antiviral medications are currently available for treating of EV-D68 infections.

## How can Enterovirus D68 be prevented?

There are no vaccines for preventing EV-D68 infections. Prevention strategies include:

- Wash hands often with soap and water for 20 seconds. Alcohol based hand sanitizers **do not** work well against this virus.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.

- Disinfect<sup>i</sup> frequently touched surfaces, such as toys and doorknobs with a bleach based disinfectant<sup>ii</sup>, especially if someone is sick.
- If you or your child has asthma, be vigilant in taking asthma controlling medications.

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<sup>i</sup>**Know the difference between *cleaning, disinfecting, and sanitizing***

**Cleaning removes germs**, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

**Disinfecting kills germs** on surfaces or objects. Disinfecting works by using chemicals to kill germs on surfaces or objects. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

**Sanitizing lowers the number of germs** on surfaces or objects to a safe level, as judged by public health standards or requirements. This process **works by either cleaning or disinfecting** surfaces or objects to lower the risk of spreading infection.

<sup>ii</sup> The CDC, APIC and OSHA guidelines recommend bleach as a broad-spectrum germicide to disinfect hard surfaces. For resistant organisms and surfaces that are highly soiled, the CDC recommends a 1:10 dilution of 5.25% – 6.15% bleach (5250 ppm – 6150 ppm sodium hypochlorite solution). Be sure to read label before mixing.

For more information visit our website at [www.scchealth.co](http://www.scchealth.co) .

Source: Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)  
Environmental Protection Agency [www.epa.gov](http://www.epa.gov)