

Enterovirus D68: FAQ for Schools

What are Enteroviruses?

- Enteroviruses are very common viruses; there are more than 100 different types.
- Enterovirus D68 infections are less common than infections with other Enteroviruses.
- Infants, children, and teenagers are more likely than adults to get infected with Enteroviruses and become sick.

Symptoms of Enterovirus D68?

- Runny nose, sore throat, cough, wheezing, rash, and a fever.
- Some individuals, especially those with underlying conditions, such as asthma or a weakened immune system, may experience more severe complications including difficulty breathing.
- Less often, Enteroviruses can cause pneumonia, meningitis (swelling of the tissue covering the brain and spinal cord), or encephalitis (swelling of the brain).
- If a person has severe symptoms, contact a health care provider.

How is Enterovirus D68 spread to others?

- Enterovirus D68 is found in saliva, nasal mucus, or sputum.
- Like a cold or influenza, Enterovirus D68 spreads from person to person when an infected person coughs, sneezes, or touches surfaces.

Preventing the spread of Enterovirus D68 in schools?

- No vaccines for preventing Enterovirus D68 infections.
- You can help protect yourself from respiratory illnesses by following these steps:
 - Wash hands often with soap and water for 20 seconds.
 - Avoid touching eyes, nose, and mouth.
 - Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
 - Use standard disinfection procedures for surfaces, such as toys and doorknobs.
- Alcohol-based hand sanitizers are not effective against Enteroviruses, which is why hand washing is so important.
- As always, remind parents to keep kids home when they are sick.

Where can I get more information? CDC website: www.cdc.gov/non-polio-enterovirus/