

1. What is enterovirus D-68 (EV-D68)?

Enteroviruses are a common type of germ that infect over 10 million Americans each year. Most infections occur in the fall. Many people have no or mild symptoms. Symptoms may be serious – especially among children and the elderly. Enterovirus D68 is a germ that has been causing outbreaks in recent weeks, including in Virginia. Some infected children had to be hospitalized for treatment.

2. What are symptoms of EV-D68?

Symptoms include a cough, tiredness, and body aches. More severe symptoms include trouble breathing and wheezing, similar to having asthma.

3. How does EV-D68 spread between people?

EV-D68 is spread through close contact with infected people, such as holding hands, sharing a snack, touching infected surfaces like doorknobs and counters, or being sneezed or coughed on.

4. Who is at risk for becoming infected with EV-D68?

Infants, children, and teenagers are most likely to get infected and become ill. This is because they do not yet have immunity (protection) from prior exposures to these viruses. We believe this is also true for EV-D68. Children with asthma seem to have a higher risk for severe illness.

5. What should I do if I think my child has EV-D68?

Many types of illness can cause difficulty breathing in children, including the common cold. You should call your doctor if your child has difficulty breathing.

6. Is it possible to test my child for EV-D68?

Your doctor should contact the Arlington County Public Health Division at 703-228-5200, option #1 if they believe your child should be tested.

7. How are infections treated?

There is no treatment for EV-D68. Most people will get better by resting, drinking water, and taking over the counter medication. Some people with difficulty breathing may need to be hospitalized.

8. How can I protect myself and my family?

- Wash hands often with soap and water for 20 seconds, especially after changing diapers. If soap and water are unavailable, use an alcohol-based hand sanitizer. Make sure you watch your children as they use hand sanitizer, because it can be dangerous if swallowed.
- Avoid touching eyes, nose and mouth with unwashed hands. Germs on your fingers and hands can enter your body through your eyes, nose, and mouth.
- 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. A disinfectant will lower the number of germs on these surfaces.

9. What should people with asthma or other respiratory conditions do?

Work with your child's doctor to control your child's asthma or other chronic disease. This will help your child fight germs more easily.

10. Where can I get more information about EV-D68?

Visit the US Centers for Disease Control website at: <http://www.cdc.gov/non-polio-enterovirus/about/ev-d68.html>

11. What is Arlington Public Health doing?

Arlington Public Health regularly conducts surveillance to detect illness outbreaks in the community. We will continue to work with health care providers in the area and to investigate reports of possible outbreaks, including EV D-68, to control the spread of illness. We will update health care providers and the community of changes in recommendations to prevent and control the spread of communicable disease, such as EV D-68.