



Enterovirus D68



What is Enterovirus D68?

Enteroviruses are very common viruses; there are more than 100 types. Enterovirus D68 (EV-D68) is one of these many non-polio enteroviruses that occurs less commonly than other enterovirus infections. Infants, children, and teenagers are most likely to get infected with enteroviruses and become sick. Most enterovirus infections in the United States occur seasonally during the summer and fall.

How is Enterovirus D68 spread?

EV-D68 is not frequently identified, so it is less studied, therefore the spread is not as well-understood as other enteroviruses. The EV-D68 can be found in respiratory secretions such as saliva, nasal mucus, or sputum and likely spreads from person to person when an infected person coughs, sneezes, or touches contaminated surfaces.

What are the symptoms of Enterovirus D68?

Most people infected with enteroviruses have no symptoms or only mild symptoms, but some infections can be serious. EV-D68 has been reported to cause mild to severe respiratory illness. Severe symptoms such as wheezing, difficulty breathing, hypoxia (inadequate oxygen reaching the bodies tissues), fever, and tachycardia (excessively rapid heartbeat – over 100 beats per minute) have been reported.

How is Enterovirus D68 Treated?

There is no specific treatment, vaccine or antiviral medications currently available 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.

How can Enterovirus D68 be Prevented?

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

- Wash hands often with soap and water for 20 seconds, especially after changing diapers.
- Avoid touching eyes, nose and mouth with unwashed hands.
- 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.

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