

What are Enteroviruses?

Enteroviruses (EV) are common viruses; there are more than 100 types. It is estimated that 10-15 million EV infections occur in the US each year. Most people infected with EV have no symptoms or only mild symptoms, but some infections can be serious. Infants, children and teenagers are most likely to get infected with EV and become sick. In the U.S., people are more likely to get infected with enteroviruses in the summer and fall.

What is Enterovirus D68?

Enterovirus-D68 (EV-D68) is a type of EV first detected in 1962 in California. EV-D68 is thought to occur less often than other types of EV. In New Jersey, cases of EV-D68 are only confirmed at the Centers for Disease Control and Prevention.

What are the symptoms of EV-D68?

Symptoms may range from mild to severe. Mild symptoms may include runny nose, sneezing, cough, body and muscle aches and sometimes fever. Severe symptoms include difficulty breathing, wheezing and worsening of asthma. Severe symptoms may require immediate medical attention.

How do people get EV-D68?

EV-D68 likely spreads from person to person when an infected person coughs, sneezes, or touches a surface that is then touched by others.

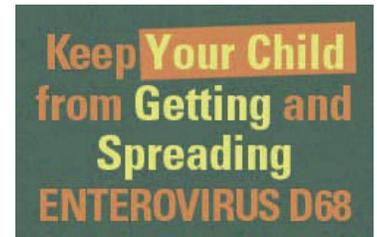
What treatment is available?

There is no specific treatment for EV-D68. Antibiotics do not treat viruses, and will have no effect on EV-D68. In many cases the symptoms of EV-D68 are mild and people will make a full recovery in a short amount of time.

How can I prevent the spread of EV-D68?

You and your children can help protect yourselves from EV-D68 and other respiratory viruses by following these simple steps:

- Wash hands often with soap and water for 20 seconds.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home when you are sick. Keep your children home when they are sick.



What is the Ocean County Health Department doing to respond to EV-D68?

Ocean County Health Department (OCHD) continues to monitor the local, state, and national situation. OCHD is in regular communication with the New Jersey Department of Health (NJDOH). As new information becomes available OCHD shares this information with our public health partners, including local hospitals, healthcare providers, schools and childcare centers.

Where can I read more about EV-D68?

- Ocean County Health Department <http://www.ochd.org/>
- New Jersey Department of Health <http://www.nj.gov/health/cd/ev-d60/index.shtml>
- Centers for Disease Control and Prevention <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>

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