

Clusters of severe respiratory illness in community members, especially children have been reported in Illinois. Through specimens sent to the CDC for strain typing, Enterovirus D68 (EV-D68) has been identified. Advocate Children's Hospital has seen a significant increase (>30%) in admissions for severe respiratory illness.

What is an Enterovirus?

Enterovirus is a very common virus that generally causes a mild illness, and affects approximately 10 to 15 million people in the United States each year. Infants, children, and teenagers are more likely to become ill from the virus, as these groups do not yet have immunity from previous exposure.

What is EV-D68?

EV-D68 is a specific type of enterovirus that is not commonly reported nor well defined. EV-D68 infections are thought to occur less commonly than infections with other enteroviruses. It was first identified in California in 1962. EV-D68 has been rarely reported in the United States.

How is EV-D68 transmitted?

EV-D68 can be transmitted through:

- Respiratory contact with an infected person's secretions through coughing and sneezing
- Close contact with an infected person
- Touching your mouth, nose or eyes after touching objects/surfaces that contain the virus

What are the symptoms associated with EV-D68?

Symptoms may include:

- Primarily a respiratory illness
- While a fever may occur, the majority of the patients seen at Advocate have been afebrile
- Skin rash
- Mouth blisters
- Body and muscle aches

How is EV-D68 treated?

- There are no specific treatments, antiviral medications, or vaccinations available for EV-D68 infections.
- Many infections will be mild and self-limited, requiring only treatment of the symptoms.
- Some individuals may need to be hospitalized and receive intensive supportive therapy.
- Airborne and contact isolation
- Symptomatic treatment

How can I reduce the risk of infection with EV-D68?

- Wash hands often with soap and water for 20 seconds
- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid kissing, hugging and sharing cups or eating utensils with people who are ill
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick
- Stay home when feeling sick and obtain consultation from your health care provider

The single most important action you can take is to prevent the spread of this virus is to:

Wash your hands often