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*"Partnering to promote, protect and preserve health in our community."*

## HEALTH ALERT NETWORK HEALTH DISTRICT 4

### ENTEROVIRUS ADVISORY FOR HEALTH CARE PROVIDERS

#### Enterovirus Infection and Severe Respiratory Illness in Children

September 11, 2014

Clusters of severe respiratory infections affecting children have been reported in multiple states. Human Enterovirus D68 (EV-D68) has been confirmed in hospitalized children in Missouri and Illinois and is suspected in other states. There are currently no confirmed EV-D68 cases in Idaho although suspect cases have been reported.

Enteroviruses are very common viruses and cases of infection tend to peak in September. This specific type, EV-D68, is uncommon and fewer than 100 cases have been reported since it was identified in 1962. Most infections would be mild and self-limiting, but no data are currently available regarding the overall burden of morbidity or mortality from EV-D68 in the U.S. except in a few studies of specific clusters of illness.

#### **Testing**

Testing for this specific strain, EV-D68, is not readily available and should only be considered for hospitalized children with acute respiratory illness. The Centers for Disease Control and Prevention (CDC) is able to do limited testing for EV-D68. For more information about testing, call Central District Health Department at (208) 327-8625.

#### **Treatment**

There is no specific treatment (i.e. anti-viral medications) for EV-D68. Many infections will be mild and self-limiting, requiring only symptomatic treatment. Some people with severe respiratory illness may need to be hospitalized.

#### **Prevention**

The following can help reduce the risk of infection with EV-D68:

- Wash hands often, especially after changing diapers;
- Avoid touching eyes, nose, and mouth with unwashed hands;

- Avoid kissing, hugging, and sharing cups or eating utensils with ill people;
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick;
- Stay home if feeling sick.

For additional information contact the Office of Communicable Disease Control at 327-8625 or visit <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html> .

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