



## Durham Region Health Department **Facts about...**



# **Enterovirus EV-D68**

## **What is it?**

Enterovirus D68 (EV-D68) is one of more than 100 types of non-polio enteroviruses that causes respiratory illness ranging from mild to severe. In general, infants, children and teenagers are more likely to become ill from this virus. Adults who are infected with EV-D68 may have no symptoms or mild symptoms.

## **How is it spread?**

EV-D68 virus can be spread from person to person by respiratory secretions when an infected person coughs or sneezes into the face of another. It can also be spread by contact saliva, such as kissing or sharing drinks. The virus can survive outside the body, so spread may also occur by touching contaminated objects (e.g., toys shared between children).

## **What do I look for?**

Signs and symptoms can be mild and may include runny nose, fever, cough, sneezing, and body aches. Some children, especially those with asthma or other breathing problems, may have more severe symptoms such as wheezing and difficulty breathing.

## **How is it treated?**

There is specific treatment for EV-D68. Most people do not require any treatment and will get better on their own. Mild pain and fever may be managed with over-the-counter medication under the supervision of a health care provider. Some people with severe respiratory illness or worsening of symptoms may require hospitalization.

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If you require this information in an accessible format, contact 1-800-841-2729.



## How can I protect myself?

- Wash hands frequently and thoroughly with soap and water or use hand sanitizer when hands are not visibly dirty.
- Cough or sneeze into your elbow and encourage others to do the same.
- Wash hands after handling nose and throat secretions (e.g. after throwing out facial tissues containing nose and throat secretions).
- There are no vaccines to prevent EV-D68 infection.
- Do not share water bottles, straws, eating utensils, cigarettes, toothbrushes, toys, or anything that has been in contact with saliva, nose or throat secretions.
- If you are ill, stay at home and isolate yourself from others.

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