

PROTECT YOURSELF FROM ILLNESS



Contact your healthcare provider

Parents of children with cold-like symptoms that experience difficulty breathing should contact their healthcare provider. Find contact information at www.mercycare.org/locations.

Spotlight on:

Enterovirus (EV-D68)

What is EV-D68?

Enteroviruses are very common viruses. It is estimated that there are 10 to 15 million enterovirus infections in the U.S. each year. Most cause mild symptoms or none at all.

However, EV-D68 is an uncommon strain of enterovirus that can cause mild to severe respiratory illness. It appears to spread through close contact with infected people.

Who is at risk?

Infants, children and teenagers with a history of asthma or those who have a condition that compromises their immune system are most at risk.

Symptoms

EV-D68 infection often begins with cold-like symptoms, including coughing and wheezing. Other symptoms may include fever, runny nose, sneezing, skin rashes, mouth blisters and body aches.

Treatment

There is no vaccine to protect you from the EV-D68 infection and there is no specific treatment. Those with severe respiratory illness caused by EV-D68 may need to be hospitalized and receive intensive supportive therapy. Many infections may be mild and will require simple treatments such as drinking plenty of fluids, resting and staying at home.

Preventing EV-D68

You can help protect yourself and others from enterovirus infections by practicing the following precautions:

- Wash your hands often with soap and water for 20 seconds.
- Avoid touching your 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.