



COUNTY HOSPITAL
FAMILY PRACTICE & LTCU
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ENTEROVIRUS D68 GUIDANCE

In August 2014, Children's Mercy Hospital in Kansas City, Missouri identified an increase in pediatric patients examined and hospitalized with severe respiratory illness, some of whom were admitted to the pediatric intensive care unit. Multiple polymerase chain reaction assay testing of these patients revealed that the infections were caused by rhinovirus/enterovirus, and 19 of 22 specimens sent to the Centers for Disease Control and Prevention (CDC) for sequencing were identified as enterovirus D68 (EV-D68). Hospitals throughout the country, including some in Kansas, are reporting similar increases in respiratory illness, predominantly within pediatric populations.

Enteroviruses are associated with various clinical symptoms, including mild respiratory illness, febrile rash illness, and neurologic illness, such as aseptic meningitis and encephalitis. EV-D68, however, primarily causes respiratory illness, although the full spectrum of disease remains unclear. Health care providers should consider EV-D68 as a possible cause of acute, unexplained severe illness.

There are no available vaccines or specific treatments for EV-D68, and clinical care is supportive. To prevent EV-D68 and other respiratory illnesses, individuals should:

- Wash hands often with soap and water for 20 seconds (EV-D68 is not deactivated with alcohol-based hand sanitizer)
- Avoid touching 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, with bleach solution especially if someone is sick.