



Maricopa County Department of Public Health

Enterovirus D-68 (EV-D68) Guidance for Schools and Childcare Institutions

Recently, in the United States, there have been reports of clusters of severe illness in children due to infection with enterovirus D68 (EV-D68). There is no confirmation or indication of severe clusters of illness related to EV-D68 in Arizona at this time. Maricopa County Department of Public Health (MCDPH) has developed this informational sheet to address questions and concerns schools and childcare institutions may have.

Background:

- Enteroviruses in general are extremely common and over 100 types have been identified
- Approximately 10-15 million people in the U.S. are infected with enteroviruses every year; of these, tens of thousands end up requiring hospitalization
- Enteroviruses are seen more commonly in the summer and fall
- EV-D68 was identified by scientists over 50 years ago and has been identified in labs occasionally ever since; this year there is a higher amount of EV-D68 being reported in comparison with previous years, however, there is much more testing being done for EV-D68 as well
- Infants, children and teenagers are more likely to become ill with EV-D68, while many adults may exhibit mild symptoms or no symptoms at all
- Symptoms of EV-D68 include: runny nose, sneezing, cough, body/muscle aches, fever (not always present), and, in more serious cases, wheezing and difficulty breathing
- Children with asthma may have a higher risk for severe respiratory illness; children with this condition should diligently follow their treatment regimen (taking prescription medications on the proper schedule, etc.)
- Occasionally, serious illness can occur with enteroviruses including meningitis and encephalitis
- Doctors may be able to test for enterovirus, but most laboratories do not have the capability to identify EV-D68 specifically; currently the Centers for Disease Control (CDC) and some state laboratories are providing this testing for severe, hospitalized cases only
- CDC continues to collect information from around the country and is regularly providing feedback to local health departments to address this issue

Prevention of Spread:

- EV-D68 is spread similar to other respiratory viruses via an ill persons respiratory secretions (saliva, mucus, sputum)
- Cover your mouth and nose with a tissue when coughing or sneezing or cough/sneeze into your sleeve
- Exclusion of ill individuals until they are no longer exhibiting symptoms is essential to prevent spread
- Environmental disinfection of surfaces should be performed using a hospital-grade disinfectant with an EPA label claim for any of several non-enveloped viruses (e.g. norovirus, poliovirus, rhinovirus). Use in accordance with manufacturer's instructions for the specific label claim
- Washing the hands with soap and water is recommended over the use of alcohol-based hand sanitizer which may have limited action against enteroviruses
- Younger children will need close supervision and assistance in proper hand washing procedures
- Regular updates can be found on the CDC website at: <http://www.cdc.gov/non-polio-enterovirus/outbreaks/EV-D68-outbreaks.html>