

Enterovirus D68

While Enterovirus itself is very common, the D68 strain is not. This rare strain of the Enterovirus virus has been causing pediatric respiratory illness and hospitalizations in several states.

It appears to be spread through close contact with infected people, likely when an infected person coughs, sneezes or touches contaminated surfaces.

Symptoms are similar to a cold and include:

- Coughing
- Low grade fever
- Difficulty breathing/wheezing

*these symptoms can be exacerbated in those with chronic illness such as diabetes or asthma

There is no vaccine to prevent these infections. You can reduce your risk by:

- Frequent handwashing
- Avoid touching eyes, nose or mouth with unwashed hands
- Avoid close contact with those who are ill
- Cough your cough
- Stay home if you are ill
- Disinfect frequently touched surfaces