Date:

Dear Parents,

You may have been hearing on the news and/or social media regarding the respiratory virus Enterovirus D68 (EV-D68), the following information has been made available through the Centers for Disease Control (CDC)

**What are enteroviruses and enterovirus 68?**

Enteroviruses are very common viruses that cause different types of infections. There are over 100 different types. Most people infected with enteroviruses have no symptoms or only mild symptoms, but some infections can be serious. EV-D68 is a less common type, but is not new. It usually causes a mild respiratory illness, similar to those seen in the common cold, but some individuals can become severely ill. The 2014 outbreak of EV-D68 appears to be associated with an increase in the level of respiratory illness among people in general and more severe disease in some people, particularly children with asthma.

**EV-D68 is NOT influenza.**

Influenza is caused by a different virus and can cause life-threatening or

life-ending complications. All individuals, especially children in the higher risk category (including those with asthma), should follow their health care provider’s recommendations and receive their annual flu vaccine.

**What are symptoms of EV-D68?**

EV-D68 can cause mild to severe respiratory illness. Mild symptoms may include fever, runny nose, sneezing, coughing, body and muscle aches. Severe symptoms may include difficulty breathing and wheezing. Some individuals, especially those with underlying conditions, such as asthma or a weakened immune system, may experience more severe complications including difficulty breathing.

**How is EV-D68 spread?**

Like a cold, EV-D68 is spread through respiratory secretions, such as mucus, saliva, and viral particles in the air after infected people sneeze or cough. Individuals can also become infected by touching objects or surfaces that have the virus on them and then touching their mouth, nose, or eyes. EV-D68

needs a moist environment (e.g. mucus, saliva, sputum) to remain viable and is not capable e of being spread once it has dried on a surface.

**What can you do to prevent the spread of EV-D68**

The CDC recommends the following:

1. Wash your hands.
2. Cover your sneezes and coughs using the “vampire” (in your elbow).
3. Avoid close contact with sick people.
4. Clean and disinfect surfaces.
5. Keep your hands away from your eyes and face.
6. Stay home if you are ill.