New Hampshire Department of Health and Human Services
Division of Public Health Services

NH DIVISION OF
Public Health Services
Improving health, preventing disease, reducing costs *for all*

Enterovirus-D68 Information for Parents
October 1, 2014

Enteroviruses are very common viruses, and fall is a common time for enterovirus to cause respiratory illness. Enterovirus D68 infections are less common than infections with other enteroviruses. Seven cases of enterovirus D68 have been identified in New Hampshire so far, but there are cases in most U.S. states.

Infants, children, and teenagers are more likely than adults to get infected with enteroviruses and become sick. Symptoms can include a runny nose, sore throat, cough, wheezing, rash and fever.

Preventing the Spread of Enteroviruses in Schools and Daycare Centers
- There are no vaccines for preventing enterovirus D68 infections.
- You can help protect yourself from respiratory illnesses by following these steps:
  - Wash hands often with soap and water for 20 seconds.
  - Avoid touching eyes, nose, and mouth.
  - Avoid kissing and hugging people who are sick
  - Avoid sharing cups or eating utensils with others.
  - Use standard disinfection procedures for surfaces, such as toys and doorknobs.
- **Alcohol-based hand sanitizers are not effective against enteroviruses, which is why hand washing is so important.**
- The enterovirus D68 does not live long outside the body. Once a surface is dry, it likely does not contain live virus.

Staying Home When Sick
- As always, parents should keep children home when they are sick.
- Children should stay home until they are without fever for at least 24 hours without anti-fever medications and until they feel better. Once they return to school, they should continue covering their coughs and sneezes with a tissue or their elbow and disposing of the tissue and frequently washing their hands.
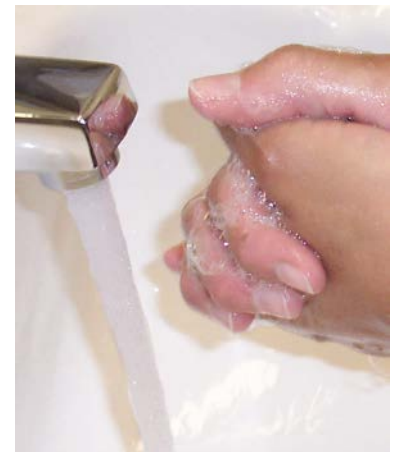
Resources
CDC Cover Your Cough and Clean Hands Poster
http://www.cdc.gov/flu/protect/covercough.htm
CDC Everyday Preventive Actions that Can Help Fight Germs, Like Flu
http://www.cdc.gov/flu/pdf/freeresources/updated/everyday_preventive.pdf
CDC Hand Washing Posters
http://www.cdc.gov/handwashing/posters.html