

## **Here are some things you need to know as a parent/caregiver:**

### **Information on EV- D68 (Enterovirus):**

- Hundreds of children across the United States have been hospitalized with a respiratory illness due to the Enterovirus D68, also known as EV-D68.
- Enteroviruses are common, especially in September, but this particular type is not. Currently, there are no confirmed cases in Massachusetts.
- This virus has not been commonly reported in the United States for approximately 50 years, therefore, most of us have no immunity to it, and that is why it is spreading rapidly in some areas.

**Symptoms:** The virus starts like the common cold; symptoms include sneezing, a runny nose, and a cough. This is all that happens for most people that catch this virus. Some patients will get a severe cough, have difficulty breathing and/or develop a rash, sometimes accompanied by a fever.

**When should you worry?** Be on the lookout for a fever or a rash and if your child has difficulty breathing. Children with asthma, or a history of breathing problems, are particularly susceptible to acquiring more severe symptoms.

**Treatment:** There is no specific treatment – plenty of rest, fluids and over-the-counter medications will help symptoms in most cases. Patients that are hospitalized will likely receive assistance breathing.

### **How do I protect myself and my children?**

- Wash your hands with soap and water for 20 seconds – particularly after going to the bathroom.
- Clean and disinfect surfaces that are touched by different people, such as toys and doorknobs regularly. Avoid shaking hands, kissing, hugging and sharing cups or eating utensils when people are sick. Stay home if you or your child is not well.