

ENTEROVIRUS D68

Anyone watching the news these past few days is aware of an outbreak of a virus known as EV-D68. EACN has been proactive by being in contact with the Erie County Health Department.

EV-D68 has been reported to cause mild to severe respiratory illness and the virus can be found in respiratory secretions such as saliva, nasal mucus or sputum (mucus from the lungs). The virus likely spreads when an infected person coughs, sneezes or contaminates surfaces by touch (toys, doorknobs, phones, etc).

There is no specific treatment for the EV-D68 infection. Contact your primary care physician if you or anyone in your family shows signs of a respiratory illness.

PREVENTION IS THE KEY TO KEEPING YOUR FAMILY HEALTHY.

- Per the Erie County Health Department: wash your hands often with soap and warm water for at least 20 seconds, especially after changing diapers. **Handwashing is the single most important thing we can do to prevent illness;**
- Avoid touching eyes, nose and mouth with unwashed hands;
- Avoid kissing, hugging and sharing cups or eating utensils with people who are sick; and
- Disinfect frequently touched surfaces such as toys and doorknobs, especially if someone is sick.

Please help keep your child and other students healthy by teaching them good health habits:

- Teach them to cover their mouths when coughing or sneezing;
- Teach them to wash their hands using both soap and warm water after they sneeze or cough AND before they eat;
- Encourage your child to eat healthy food including fruits and vegetables and drink at least 8 glasses of water each day; and
- Enforce a strict bedtime.

If you have any questions about this virus, please contact your physician's office. Thank You!