



City and County of San Francisco
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Mayor

San Francisco Department of Public Health

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Enterovirus (EV-D68) Fact Sheet

October 3, 2014

1) What is Enterovirus?

- Enterovirus D-68 is a viral infection that is circulating widely in the United States, and has been diagnosed in a number of California counties.
- Symptoms of EV-D68 are usually mild and are similar to the symptoms of a cold or flu. They include fever (although fever may not be present), runny nose, sneezing, cough, and body and muscle aches. Many infected individuals may have only mild symptoms.
- EV-D68 can occasionally cause severe respiratory symptoms, especially in children with a history of asthma.
- EV-D68 likely spreads from person to person when an infected person coughs, sneezes, or touches contaminated surfaces.
- EV-D68 was first detected in the 1960s. It is not a new disease, but it is not frequently seen circulating in the community. Outbreaks of EV-D68 are similar to outbreaks of other illnesses such as cold and flu. The difference is that the virus is less common.
- In children with a prior history of asthma, the virus can cause serious breathing problems. As always, if your child has difficulty breathing or wheezing, it is very important to seek medical care.

2) What is happening now?

- Enterovirus D-68 has been confirmed in a San Francisco resident on October 3, 2014. The affected individual is a child under the age of 18, and was admitted to an out-of-county hospital for two days in mid-September and discharged in good condition.
- EV-D68 has now been confirmed among patients in many states, including California.
- We have not received reports of outbreaks or clusters of severe respiratory disease in children here in San Francisco.
- We are always prepared for an outbreak of an infectious disease like EV-D68 in San Francisco.
- The San Francisco Department of Public Health has shared information about EV-D68 with local hospitals and medical providers, and will continue to do so as new information is available.

3) Can Enterovirus be treated?

- As for colds, there is no specific treatment for Enterovirus infection. However, there are treatments available for the resulting breathing problems.

The mission of the San Francisco Department of Public Health is to protect and promote the health of all San Franciscans.

We shall ~ Assess and research the health of the community ~ Develop and enforce health policy ~ Prevent disease and injury ~ Educate the public and train health care providers ~ Provide quality, comprehensive, culturally-proficient health services ~ Ensure equal access to all

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- Parents should seek medical attention immediately for children who are having any breathing difficulty (wheezing, difficulty speaking or eating, belly pulling in with breaths, blueness around the lips), particularly if the child suffers from asthma.
 - There is no vaccine to prevent EV-D68. However, everyone six months of age and older should receive influenza vaccine every year to protect themselves against that important cause of respiratory disease.

4) How can we prevent transmission?

- To prevent transmission of EV-D68, you should:
 - Wash hands often with soap and water for 20 seconds, especially after changing diapers.
 - Avoid touching eyes, nose and mouth with unwashed hands.
 - Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
 - If you are sick, stay home from work or school.
 - Cover your cough and sneeze.
 - Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.

Additional information about Enterovirus D68

Centers for Disease Control: <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>

California Department of Public Health: <http://www.cdph.ca.gov/Pages/NR14-080.aspx>

San Francisco Communicable Disease Control and Prevention: <http://www.sfcddcp.org/healthalerts.html>