

# Dutchess County Department of Health

# Public Health Advisory\*

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Marcus J. Molinaro  
County Executive



Kari Reiber, MD  
Commissioner of Health

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## **Enterovirus D-68 (EV-D68) Guidelines for Schools**

Monday, September 15, 2014 – 10 am

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*The following information is for Superintendents, Principals, and School Nurses. For questions or concerns, please contact Dutchess County Department of Health at (845) 486-3402 or [HealthInfo@dutchessny.gov](mailto:HealthInfo@dutchessny.gov)*

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Enteroviruses are very common viruses and there are more than 100 known types. More than 10 million enterovirus infections occur in the United States each year. Enterovirus D-68 (EV-D68) infections are less common and generally cause mild to severe respiratory illness. Some infections can be more serious, especially in children with chronic respiratory illness or asthma. EV-D68 is found in respiratory secretions such as saliva, nasal mucus, or sputum; illness most likely spreads from person to person when an infected person coughs, sneezes, or touches a contaminated surface.

The Dutchess County Department of Health is providing the following guidance for school settings:

- There is no specific treatment for EV-D68 infections; there are no currently available antiviral medications and there is no vaccine.
- Many other viruses circulating now in the United States can cause respiratory illness. Not all clusters or outbreaks of respiratory illness are due to EV-D68.
- You can help protect yourself from respiratory illnesses by following these steps:
  - Wash hands often with soap and water for 20 seconds.
  - Cover your cough or sneeze.
  - Avoid touching eyes, nose and mouth with unwashed hands.
  - Avoid close contact, kissing, hugging, sharing cups or eating utensils with people who are sick.
  - Clean and disinfect frequently touched surfaces, such as doorknobs and keyboards.
  - Stay home if you are sick.
- The Centers for Disease Control and Prevention has online resources available:  
**Guidance & Information** - <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>  
**Prevention Strategies Poster** <http://www.cdc.gov/non-polio-enterovirus/about/EV68-infographic.html>
- **Report cases and clusters** severe respiratory illnesses to Dutchess County Department of Health Communicable Disease Control Division at (845) 486-3402.

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\*Health Alert- conveys the highest level of importance; warrants immediate action or attention; Health Advisory- provides important information for a specific incident or situation; may not require immediate action; Health Update- provides updated information regarding an incident or situation; unlikely to require immediate action.

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