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Division of Public and Behavioral Health

NEWS RELEASE

Enterovirus D68 (EV-D68) Prevention Reminders

Carson City – The United States is currently experiencing a nationwide outbreak of enterovirus D68 (EV-D68) associated with severe respiratory illness. Since mid-August, there have been 628 cases confirmed in 44 states and the District of Columbia with respiratory illness caused by EV-D68. Almost all of the confirmed cases this year of EV-D68 have been among children, many of whom had asthma or a history of wheezing. No cases of EV-D68 have been confirmed in Nevada.

Nationally, there has been a reported increase in cases of severe respiratory illness in children. This increase could be caused by many different viruses that are common during this time of year. EV-D68 appears to be the predominant type of enterovirus this year and is likely contributing to the increases in severe respiratory illnesses. Increased awareness of EV-D68 is also contributing to increased recognition of new cases.

People are more likely to become infected with enteroviruses in the summer and fall. We are currently in the middle of the enterovirus season and EV-D68 infections are likely to decline later in the fall. In general, infants, children, and teenagers are most likely to get infected with enteroviruses and become sick. They do not yet have immunity (protection) from previous exposures to these viruses. We believe this is also true for EV-D68. Adults can become infected with enteroviruses, but they are more likely to have no symptoms or mild symptoms. Children with asthma may have a higher risk for severe respiratory illness caused by EV-D68 infection.

You can help protect yourself and your family from getting and spreading EV-D68 by following these steps:

- Wash hands often with soap and water for at least 20 seconds.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick, or when you are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home when you are sick.

For children with asthma, parents should:

- Discuss and update your child's asthma action plan with your primary care provider.



A handwritten signature in blue ink that reads "Richard Whitley".

Richard Whitley, Administrator

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NEVADA STATE IS AN EQUAL OPPORTUNITY EMPLOYER

- Make sure their child takes prescribed asthma medications as directed, especially long term control medication(s).
- Be sure to keep your child's reliever medication with your child.
- Your child should get a flu vaccine when available.
- If your child develops new or worsening asthma symptoms, follow the steps of your child's asthma action plan. If your child's symptoms do not go away, call your child's doctor right away.
- Parents should make sure the child's caregiver and/or teacher is aware of his/her condition, and that they know how to help if the child experiences any symptoms related to asthma.

For more information on Enterovirus D68 please visit the Centers for Disease Control and Prevention at <http://www.cdc.gov/non-polio-enterovirus/outbreaks/EV-D68-outbreaks.html> or <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html> or call the Nevada Division of Public and Behavioral Health at 775-684-5911.

For more information about the Division of Public and Behavioral Health, go to: <http://health.nv.gov>.

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