



Technical Bulletin

Division of Public and Behavioral Health



Date: December 10, 2014

Topic: Enterovirus D68 (EV-D68)

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To: All Providers and Medical and Childcare Facilities

Current Situation:

The United States has been experiencing a nationwide outbreak of enterovirus D68 (EV-D68) associated with severe respiratory illness. From mid-August to December 4, 2014, the Centers for Disease Control and Prevention (CDC) or state public health laboratories have confirmed a total of 1,121 people in 47 states and the District of Columbia with respiratory illness caused by EV-D68. The CDC just notified the Nevada Division of Public and Behavioral Health that the first case in Nevada has been confirmed. The case is located in Washoe County, Nevada.

Enterovirus D68 (EV-D68) is one of many non-polio enteroviruses. Enterovirus D68 (EV-D68) infections are thought to occur less commonly than infections with other enteroviruses. EV-D68 was first identified in California in 1962. Compared with other enteroviruses, EV-D68 has been rarely reported in the United States for the last 40 years. In the United States, people are more likely to get infected with enteroviruses in the summer and fall, so the season of infection is winding down.

Symptoms and Transmission:

EV-D68 has been reported to cause mild to severe respiratory illness. However, the full spectrum of EV-D68 illness is not well-defined. EV-D68 is not frequently identified, so it is less studied and the ways it spreads are not as well-understood as other enteroviruses. EV-D68 causes respiratory illness, and the virus can be found in respiratory secretions such as saliva, nasal mucus, or sputum. The virus likely spreads from person to person when an infected person coughs, sneezes, or touches surfaces.

Prevention:

There are no vaccines for preventing EV-D68 infections. You can help protect yourself from respiratory illnesses by following these steps:

- 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.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick

Treatment:

There is no specific treatment for EV-D68 infections. Many infections will be mild and self-limited, requiring only treatment of the symptoms. Some people with severe respiratory illness caused by EV-D68 may need to be hospitalized and receive intensive supportive therapy. No antiviral medications are currently available for treating of EV-D68 infections.

Health Care Professionals/Reporting

Healthcare Professionals should:

- Be aware of EV-D68 as a potential cause of clusters of severe respiratory illness, particularly in young children.
- Consider laboratory testing of respiratory specimens for enteroviruses when the cause of infection in severely ill patients is unclear. State health departments or CDC can be approached for typing enterovirus.
- Report cases and clusters of severe respiratory illnesses to state and local health departments for further guidance.

Please see the contact information below for the state and local public health jurisdictions in Nevada.

Las Vegas area: Southern Nevada Health District, 702.759.1300 | Reno/Sparks area: Washoe County Health District, 775.328.2447
Carson City, Douglas, and Lyon Counties: Carson City Health and Human Services, 775.887.2190 | Other counties: Rural Community Health Services, 775.687.5162 (business hours) or 775.434.4358 (after hours) | State of Nevada Epidemiology Duty Officer (24 hours): 775.400.0333

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