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California Department of Public Health Fact Sheet Enterovirus D68

State Information

- As of October 17, 2014, the California Department of Public Health has identified enterovirus D68 (EV-D68) infection in a total of 43 patients. The positive cases came from the following counties: Alameda (6), Contra Costa (1), Los Angeles (6), Orange (3), Riverside (2), San Bernardino (1), San Diego (8), San Francisco (4), Santa Clara (5), Santa Cruz (1), Solano (1), Ventura (1), and the cities of Long Beach (3) and Berkeley (1).
- The proportion of respiratory specimens testing positive for enterovirus/rhinovirus was 29 percent for the week ending October 11, which is a normal level for this time of year, when enteroviruses and rhinoviruses normally circulate.

Disease Information

- EV-D68 causes respiratory illness and the virus likely spreads from person-to-person when an infected person coughs or sneezes, or by touching contaminated surfaces.
- Symptoms of EV-D68 include fever (although fever may not be present), runny nose, sneezing, cough, and body and muscle aches.
- Some children have more serious illness with breathing difficulty and wheezing, particularly children with a history of asthma.
- In general, infants, children and teenagers are most likely to get enteroviruses and become ill. That is because they do not yet have immunity for previous exposure to these viruses. Adults can get infected with enteroviruses, but they are more likely to have no symptoms or mild symptoms.
- Anyone with respiratory illness should contact their doctor if they are having difficulty breathing or if their symptoms are getting worse.
- There is no specific treatment for people with EV-D68, nor is there a vaccine to prevent it. However, everyone six months of age and older should receive influenza vaccine every year to protect themselves against that important cause of respiratory disease.

Recommendations

- The best way to prevent transmission of enteroviruses is to:
 - 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
- 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
- Children with asthma are at risk for severe symptoms from EV-D68 and other respiratory illnesses. They should follow the Centers for Disease Control and Prevention's (CDC) guidance to maintain control of their illness during this time. CDC recommends:
 - Discuss and update your asthma action plan with your primary care provider. You can find more information on an asthma action plan at <http://www.cdc.gov/asthma/actionplan.html>.
 - Take your prescribed asthma medications as directed, especially long-term control medication(s).
 - Be sure to keep your reliever medication with you.
 - Get a flu vaccine when available.
 - If you develop new or worsening asthma symptoms, follow the steps of your asthma action plan.
 - If your symptoms do not go away, call your doctor right away.