Solano Public Health recently confirmed a case of enterovirus D-68 (EV-D68) in a school-age child. We want to take this opportunity to provide you with information about the disease that you’ve probably heard on the news.

Enteroviruses normally circulate in the summer and fall. EV-D68 typically causes mild respiratory symptoms including runny nose, sneezing, cough, muscle and/or body ache. Fever may be present. In some instances, people infected with EV-D68 have severe symptoms including wheezing and difficulty breathing.

Enterovirus-D68 can be found in an infected person’s saliva, nasal mucus or sputum. It is spread from person-to-person through coughs, sneezes or contaminated objects. There is currently no vaccine against EV-D68. The best way to protect yourself and your family is to wash your hands often with soap and water for 20 seconds, avoid touching your eyes, nose and mouth with unclean hands, avoid kissing, hugging, and sharing cups or utensils with sick people and disinfect surfaces that are frequently touched, such as toys and doorknobs, especially if someone is sick.

There is no specific treatment for people with EV-D68 infection. For people with mild respiratory illness, symptoms can be managed by taking over-the-counter medications. However, if your child experiences severe respiratory symptoms, including wheezing and/or shortness of breath, seek medical care immediately.

If you have any questions, please contact your school to leave a message for the school nurse.