

Parents,

Please see the information below regarding the enterovirus that is circulating Iowa. There have not been any confirmed cases in our school, but please read this information so that we can work together in helping to prevent the spread of this virus. This is also a friendly reminder that flu season is coming up, so be sure to get your flu vaccines for you and your children! Thank you, Jaclyn Greiner BSN, RN

Enteroviruses

- Enteroviruses are very common viruses; there are more than 100 types.
- It is estimated that 10 to 15 million enterovirus infections occur in the United States each year, usually in the summer and fall.
- Most people infected with enteroviruses have no symptoms or only mild symptoms, but some infections can be serious.
- Enterovirus D68 (EV-D68) is one of the more than 100 types of enteroviruses circulating in the U.S. and around the world.

EV-D68 Symptoms and Treatment

- EV-D68 usually can cause mild to severe respiratory illness.
- Respiratory symptoms such as coughing and wheezing typically come on quickly.
 - Some people with severe respiratory illness caused by EV-D68 may need to be hospitalized and receive intensive supportive therapy. Infants, children, and teenagers with a history of asthma or those who have a condition that compromises their immune system, are most likely to become severely ill.
- There is no specific treatment, such as an anti-viral medication, for EV-D68 infections.
- Many infections resolve on their own and require only treatment at home:
 - Drink plenty of fluids
 - Rest
 - Stay home so you do not spread the virus to others.
 - Clean frequently touched surfaces to stop the spread the spread of the virus at home.

Guidance to Parents

- Parents of children with cold-like symptoms that experience difficulty breathing should contact their health care provider.

Prevention

- There are no vaccines for preventing EV-D68 infections.
- Ways to help reduce the risk of getting infected with EV-D68:
 - Wash hands often with soap and water for 20 seconds.
 - 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.

Surveillance

- There will not be a daily count of cases as EV-D68 is not a reportable disease in the United States. Also, CDC does not have a surveillance system that specifically collects information on EV-D68 infections.