



Enterovirus EV-D68 Information for Public Health Nurses

Enterovirus D68 (EV-D68) has recently been reported in the media due to a current outbreak of this infection in the United States. More recently there have been reports of confirmed infections in Alberta and Ontario.

Enterovirus infections are related to the common cold virus and can cause mild to severe respiratory illnesses. Typically these infections have a peak circulation in the summer and fall.

Transmission: Spread is from person to person via coughing, sneezing and close contact with ill individuals or touching contaminated surfaces.

Reservoir of infection: humans are the only known reservoir of infection.

Incubation period: likely between 1 – 5 days.

Therefore messages to the public should be:

Prevention: there is no vaccine available however like other respiratory infections good hygiene is the best protection.

- Hand washing with soap and warm water (for at least 20 seconds); if soap and water not available use hand sanitizer.
 - Wash your hands:
 - before and after eating
 - after you have been in a public place
 - after using the washroom
 - after coughing and sneezing
 - after touching common surfaces
 - <http://www.wrha.mb.ca/prog/ipc/files/HandHygiene-GeneralPublic.pdf>
- Respiratory hygiene:
 - Cough and sneeze into your arm, not your hand
 - Keep your hands away from your face
 - <http://www.wrha.mb.ca/prog/ipc/files/RespiratoryHygiene-GeneralPublic.pdf>
- Stay home if you are sick; if symptoms are not manageable at home see your health care provider (for example: wheezing , shortness of breath)
- Environmental cleaning:
 - No special disinfectants or cleaning products are recommended; regular household or commercial cleaning products are adequate for homes, schools and day cares. Surfaces likely to be touched by many people may need to be cleaned more frequently.

References:

Statement from the Public Health Agency of Canada on Enterovirus EV-D68 @ <http://news.gc.ca/web/article-en.do?mthd=tp&crtr.page=1&nid=884989&crtr.tp1D=980>

Communicable Disease Control and Prevention (CDC): Enterovirus D-68 @ <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>