



FOR IMMEDIATE RELEASE

Community Concerns about Enterovirus D-68

This is an update regarding growing concerns about Enterovirus D-68 in our community. The District Health Department #10, Kalkaska Public Schools, Kalkaska Memorial Health Center, and Munson Medical Center are working closely together to keep the community informed for the health and safety of our children, friends, neighbors, and visitors to our area.

There are two important things to know:

- **Currently, there have been no confirmed cases of Enterovirus D-68 in Michigan.**
- **In the Kalkaska area, there have been cases of common Enterovirus infections, but no confirmed cases of Enterovirus D-68.**

Enterovirus D-68 Information

Enterovirus D-68 is one of the more than 100 types of Enteroviruses, which cause about 10 to 15 million infections in the United States each year. Enteroviruses are very common viruses, and most people infected do not get sick or have only mild illness, much like the common cold, and last only 24 hours or less. While uncommon, some people can develop serious complications, particularly infants, those with a history of asthma, and people with weakened immune systems. Most cases of Enterovirus D-68 occur in children between 5-17 years of age, with the youngest recent case being a six month old child.

Symptoms

Enterovirus D-68 can cause mild to severe respiratory illness as well as intestinal symptoms.

Mild symptoms may include

- fever
- runny nose
- sneezing
- cough
- body and muscle aches

More severe symptoms may include:

- difficulty breathing
- wheezing
- chest pain
- rapid heartbeat

Transmission

Enterovirus D-68 virus can be found in an infected person's respiratory secretions, saliva, or mucus. The virus likely spreads from person to person when an infected person coughs, sneezes, or touches contaminated surfaces.

Treatment

There are no vaccines or medications to cure Enterovirus D-68, just as with the common cold. There are only medications to relieve symptoms. Tylenol or ibuprofen are the recommended nonprescription pain medicines for children. Aspirin should not be given to children under 18, and no cold medicines to children younger than 6.

If a child or adult develops mild symptoms similar to the common cold, then they should be seen by their Pediatrician or Primary Care provider if the mild symptoms do not stop within a few days.

Anyone, particularly a child, who experiences a sudden onset of difficulty breathing, chest pain, wheezing, a rapid heartbeat, and rapid shallow breathing, should be taken to the nearest emergency room.

Prevention

Parents should focus on prevention by regularly washing their hands with hot soapy water, particularly before eating, when preparing food, and after going to the bathroom. **Children should be encouraged to follow the same hand-washing recommendations, in addition to not touching their faces and not sharing items such as cups or utensils.**

Children with a fever, cough, cold, and or diarrhea should stay home or may be sent home. Once symptoms have been gone for 24 hours or they are cleared by their family doctor, they can return to school or daycare. The school will continue to do routine disinfecting of non-porous surfaces and individuals are encouraged to do the same in their homes.

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CONTACT

Robert Graham, DO, MPH
Medical Director
District Health Department #10
989-506-7911