

To: Child Care Providers in Vermont

Date: September 15, 2014

Re: Information about EV-68 for Child Care Providers

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As you may have heard in the news recently, a virus called enterovirus-D68 (EV-68) has been spreading in several states. This virus has been causing respiratory illnesses ranging from mild cold symptoms to more serious symptoms that require hospitalization.

### **What is EV-68?**

EV-68 is one type of virus from a group of very common viruses called enteroviruses. Most people who are infected with enteroviruses have no symptoms or only mild symptoms, but some infections can be serious. In the U.S., people are more likely to get enteroviruses in the summer and fall.

### **What are the signs or symptoms of EV-68?**

Children who are mildly ill might have:

- Cold symptoms: runny nose, congestion
- Wheezing: especially in children who have asthma, but wheezing might happen in other children as well
- Cough
- Fever (sometimes, but not always with this infection)

*A history of **asthma** may put children at higher risk for severe illness from EV-68. Children with severe illness might have trouble breathing or severe wheezing, and should be evaluated by a medical provider as soon as possible.*

### **How is the virus spread?**

This virus spreads from close contact with an infected person who is coughing or sneezing, or from contaminated hands and common objects such as toys, bottles and cups and furniture surfaces that are soiled with mucous or saliva from an infected person.

### **How do you prevent infection?**

- Wash hands often with soap and water for 20 seconds, especially after changing diapers and after coughing and sneezing into your hands.
- Teach children to always cover their cough with a tissue or cough into the crook of their elbow instead of into their hands.
- Don't touch your eyes, nose and mouth with unwashed hands.
- Don't kiss, hug or share cups/utensils with people who are sick.

- Disinfect surfaces that are touched often, such as toys and doorknobs, especially if someone is sick. Clean and disinfect diapering area and potty chairs after each use, and bathroom counters, toilets, sinks, and toys at least daily and when soiled. Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled.

### **Does a child with respiratory symptoms need to be excluded from child care?**

A child should be kept at home if she/he appears to be severely ill, or if the child meets general exclusion criteria such as fever with cough, worsening respiratory symptoms (including wheezing), or other symptoms that prevent the child from joining comfortably in activities as determined by the staff of the child care program or school.

### **How do you manage symptoms?**

To help relieve typical cold symptoms such as: stuffy nose, headache, fatigue and sore throat, encourage rest at home, make sure the child drinks plenty of liquids, use saline nasal drops and run a humidifier in the home. Keep a close eye on sick children, especially those with asthma. If you see that a child is breathing faster or harder than usual, call your health care provider right away.

### **General Emergency Warning Signs in a Child**

- Fast breathing or trouble breathing that continues or gets worse
- Bluish skin color or lips.
- Dehydration suspected: No urine output for more than 8 hours AND very dry mouth, no tears AND not able to swallow or keep liquids down
- Not waking up or not interacting
- Symptoms improve then return with fever and worse cough
- Fever with a rash

For more information go to the Vermont Department of Health website at [www.healthvermont.gov](http://www.healthvermont.gov), and select Contents A to Z. Click on E for enterovirus D68 (EV-68) and that will lead you to the correct page - <http://healthvermont.gov/prevent/enterovirus/ev68.aspx>.