



The GLOUCESTER PUBLIC SCHOOLS

Our mission is for all students to be successful, engaged, lifelong learners.

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To: Staff and Parents
From: Cindy Juncker, BSN, Med, RN, NCSN
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Health Advisory Regarding Enterovirus D68

We are currently in the middle of enterovirus season which typically occurs in the summer and fall. Enterovirus D68 (EV-68) is one of many non-polio enteroviruses. While most enterovirus infections cause mild or no symptoms, some can be severe. In general, infants, children, and adolescents are most likely to get infected with enteroviruses and become ill because they do not have immunity from previous exposure to these viruses.

Symptoms: Mild symptoms may include fever, runny nose, sneezing, cough and body & muscle aches. Most children who got very ill from the virus early this season experienced difficulty breathing, and had some wheezing. Many of these children had a history of asthma or wheezing in the past. If you or your child is experiencing difficulty breathing or wheezing, please seek medical attention.

How is EV-68 Spread? The virus is found in an infected person's respiratory secretions, such as saliva, nasal mucus, and sputum. It likely spreads from person to person when an infected person coughs, sneezes, or touches contaminated surfaces.

Treatment: No antiviral medications are currently available for treating EV-68 infections. Many infections are mild and self-limiting, requiring only treatment of symptoms. Some people with severe respiratory illness caused by EV-68 may need hospitalization and receive intensive supportive care.

Infection Control: Soap and water is the most effective method for hand hygiene, as hand sanitizers are less effective against enteroviruses.

Advise for parents and patients:

- Wash hands often with soap and water for 20 seconds, especially after changing diapers
- 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

Guidance from CDC @ <http://www.cdc.gov/non-polio> or www.mass.gov/dph