



CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

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- FOR RELEASE -

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ENTEROVIRUS D68: WHAT YOU NEED TO KNOW

The Calhoun County Public Health Department continues to monitor and work with local emergency response agencies including City of Battle Creek, Calhoun County Emergency Management, and other first responders in response to Ebola and Enterovirus D68. As information is received, we will update you. Press releases published will be shared on the Health Department website in our "In the News" section. We will continue to update you and share information as it is received.

The United States is currently experiencing an outbreak of Enterovirus D68 (EV-D68) associated with severe respiratory illness. Enterovirus D68 (EV-D68) is one of more than 100 non-polio enteroviruses. This virus was first identified in California in 1962. From mid-August to October 22, 2014, the CDC or state public health laboratories have confirmed a total of 941 people in 46 states and the District of Columbia with respiratory illness caused by EV-D68. CDC expects that, as with other enteroviruses, EV-D68 infections will likely begin to decline by late fall.

Calhoun County has not had any confirmed cases of EV-D68 and Michigan is already reporting a decrease in confirmed cases of EV-D68.

Every year, enteroviruses and rhinoviruses cause millions of respiratory illnesses in children. This year, EV-D68 has been the most common type of enterovirus identified, leading to

increases in illnesses among children and affecting those with asthma most severely. Other rhinoviruses and enteroviruses continue to be detected as well.

EV-D68 can cause mild to severe respiratory illness.

- Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches.
- Severe symptoms may include wheezing and difficulty breathing.

The virus can be found in an infected person's respiratory secretions, such as saliva, nasal mucus, or sputum. EV-D68 likely spreads from person to person when an infected person coughs, sneezes, or touches a surface that is then touched by others.

There is no specific treatment for people with respiratory illness caused by EV-D68. Talk to your child's doctor about the best way to control his or her symptoms. Some people with severe respiratory illness may need to be hospitalized. There are no antiviral medications currently available for people who become infected with EV-D68.

You can help prevent yourself from getting and spreading EV-D68 and other respiratory illnesses by following these steps:

- Wash hands often with soap and water for 20 seconds. See [Handwashing: Clean Hands Save Lives](#).
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home when you are sick.

Adults can get infected with enteroviruses, but they are more likely to have no symptoms or mild symptoms. Children with asthma are at risk for severe symptoms from EV-D68 and other respiratory illnesses. They should follow CDC's guidance to maintain control of their illness during this time.

CDC recommends:

- Discuss and update your [asthma action plan](#) with your primary care provider.
- Take your prescribed asthma medications as directed, especially long term control medication(s).
- Be sure to keep your reliever medication with you.
- **Get a flu vaccine when available.**
- If you develop new or worsening asthma symptoms, follow the steps of your asthma action plan. If your symptoms do not go away, call your doctor right away.
- Parents should make sure the child's caregiver and/or teacher is aware of his/her condition, and that they know how to help if the child experiences any symptoms related to asthma.

INFLUENZA UPDATE OCTOBER 22, 2014

- MDCH has confirmed the first cases of influenza identified by the state laboratory during the 2014-2015 flu season. One case has been confirmed as an influenza A(H1N1) 2009 virus, one as an influenza A(H3N2) virus, and one as an influenza B virus. All are adults and two were hospitalized.
- In Michigan, there were three influenza-associated pediatric deaths during the 2013-2014 influenza season, which was a decrease from the seven reported deaths during 2012-2013. However, flu vaccination rates remain low, especially among young adults. During the 2013-2014 season, only 10.1 percent of individuals 18-24 years of age were vaccinated against the flu.

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