



Abilene Unified School District No. 435

Board of Education Offices

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You may have recently heard about the respiratory illness that has caused many children to become sick in the Kansas City area, and around the country. This illness is known as Enterovirus D68 (EV-D68). Most children who may come down with EV-D68 will need rest and fluids. Children who have a history of breathing problems are at a higher risk for developing complications.

What are the symptoms?

Fever, runny nose, sneezing, coughing, body and muscle aches. More severe symptoms may include difficulty breathing and wheezing.

How do I get it?

Touching a contaminated surface and then rubbing your nose or eyes is the usual way someone catches EV-D68. You can also get it from close person-to-person contact.

Is there a treatment for it?

This is a viral infection, so there is no vaccination for it, and antibiotics will not help. Those with breathing difficulty may be treated for those symptoms.

What can I do to prevent it?

*Protect yourself with good hand-washing habits. Use soap and water, and wash for at least 20 seconds. Carry hand sanitizer when you are out and about and away from sinks.

*Cover coughs and sneezes with the inside of the elbow or upper sleeve or a tissue, not the hand.

*Avoid touching your eyes, nose and mouth.

*Wipe down toys and shared surfaces like doorknobs frequently with common disinfectants.

*Don't share cups or utensils.

*If your child has asthma or any other lung disease, make sure they are taking all medication as prescribed, especially any "controller" medications used to prevent symptoms.

If someone in your family starts with the sniffles and a cough, don't panic. Chances are it's just the common cold. But keep a close eye on them, and if the cough gets worse, the person looks weak, seems very sick, or is having any trouble breathing at all, call your doctor.

For more information about Enterovirus D68 and the recent outbreak, visit the page about it on the Centers for Disease Control and Prevention website: <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>