



September 9, 2014

Due to the recent cluster of Enterovirus illness (EV-D68), a severe respiratory illness circulating in many communities, the Champaign-Urbana Public Health District would like to take this opportunity to ensure you are taking the necessary steps to avoid becoming ill.

Enterovirus (EV-D68) is a specific type of enterovirus that usually causes mild to severe respiratory illness and is transmitted through close contact with an infected person, or by touching objects or surfaces that are contaminated with the virus and then touching the mouth, nose, or eyes. To help protect yourself and others from enterovirus infections:

- 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 ill
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick;
- Stay home when feeling sick and obtain consultation from your health care provider.

Symptoms of enterovirus illness can include fever, runny nose, sneezing, coughing and body aches. Because EV-D68 has not been reported commonly, the full spectrum of illness due to this type of enterovirus is not well known. However, if you, or your child, are experiencing cold like symptoms and are having difficulty breathing, contact your health care provider right away.

At this time, there is no specific anti-viral medication or vaccine for EV-D68 infections, for this reason, it is important to adhere to the steps listed above to protect your family.

Remember good hand washing is your first line of defense against the spread of many illnesses, not just the common cold, but many types of infectious gastrointestinal illness like Salmonella, Shigellosis, and E.coli O157:H7, which are spread person- to-person via fecal-oral route by improper hand washing technique. **Don't underestimate the power of hand washing!**

If you have questions or concerns, please contact Rachella Thompson-Brown by email at rtompson@c-uphd.org or by calling (217) 531-5361.

Sincerely,

Rachella Thompson-Brown
Communicable Disease Investigator