



# THE SCHOOL NURSE BULLETIN

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### Overview of Non-polio enteroviruses

Non-polio enteroviruses are very common viruses. They cause about 10 to 15 million infections in the United States each year. Enterovirus D68 (EV-D68) is one of many non-polio enteroviruses.

Anyone can get infected with non-polio enteroviruses. But infants, children, and teenagers are more likely to get infected and become sick. That's because they do not yet have immunity (protection) from previous exposures to the viruses.

Most people who get infected with non-polio enteroviruses do not get sick. Or, they may have mild illness, like the common cold. However, in rare instances, some people can get sick and have serious complications. Similar to the common flu, infants and people with weakened immune systems may be more susceptible to experience such complications. Good hygiene practices should be exercised to prevent the spread of germs to these vulnerable populations.

You can get infected with non-polio enteroviruses by having close contact with an infected person. You can also get infected by touching objects or surfaces that have the virus on them then touching your mouth, nose, or eyes.

There is no specific treatment for non-polio enterovirus infection. People with mild illness caused by non-polio enterovirus infection typically only need symptom treatment. They usually recover completely. However, some illnesses caused by non-polio enteroviruses can be severe enough to require hospitalization.

In the United States, people are more likely to get infected with non-polio enteroviruses in the summer and fall.

For additional information on non-polio enteroviruses, visit the Centers for Disease Control and Prevention Web site at <http://www.cdc.gov/non-polio-enterovirus/about/ev-d68.html>.

**Keep Your Child from Getting and Spreading ENTEROVIRUS D68**

- Avoid close contact with sick people
- Cover your coughs & sneezes
- Wash your hands often
- Clean & disinfect surfaces
- Avoid touching your face with unwashed hands
- Stay home when you're sick

[www.cdc.gov/non-polio-enterovirus/EV68/](http://www.cdc.gov/non-polio-enterovirus/EV68/)

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