

CDC Confirms First Case of EV-D68 in New Jersey Child

As you have undoubtedly heard, the Centers for Disease Control (CDC) has confirmed New Jersey's first case of enterovirus (EV-D68), a potentially serious respiratory illness more likely found in infants and children, sometimes resulting in hospitalization. The confirmed case was identified from a specimen sent to the CDC. The child has since improved and been discharged from the hospital.

Typically, EV-D68 causes upper respiratory symptoms such as cough, runny nose, sneezing, body/muscle aches and possibly a low-grade fever. Fortunately, most infections require symptomatic care as the virus runs its course. At present, there are no vaccines against EV-D68. The treatment and best preventive steps people can take to avoid becoming ill are similar to those we follow for other viral infections like the flu. **Good hand washing hygiene is your best defense against getting infected with the enterovirus.**

To help protect yourself and others from enterovirus infections:

- Wash your hands often with soap and water
- Avoid touching eyes, nose, and mouth with unwashed hands
- Avoid close contact (touching, sharing eating utensils) with people who are sick
- Clean and disinfect frequently touched surfaces, such as door knobs and toys
- Keep your child home from school when sick; notify your healthcare provider
- Use good respiratory hygiene; coughing and sneezing into a tissue or elbow.
- Dispose of used tissues properly; wash hands.

For additional information please visit the New Jersey Department of Health at www.nj.gov/health.