

Imperial County Public Health Department

935 Broadway
El Centro, California 92243



Date: October 22, 2014

Subject: Enterovirus D-68 Case Identified in Imperial County

A lab-confirmed case of enterovirus D-68 (EV-D68) infection was reported this week in a child residing in Imperial County. The child, who was hospitalized earlier this month for a severe respiratory illness, has since recovered and was discharged from the hospital.

This is the first lab-confirmed case of Enterovirus D-68 reported to date in Imperial County. As of October 17, 2014, the California Department of Public Health has identified EV-D68 in 44 patients throughout the state. Nationwide, more than 900 people in 46 states and the District of Columbia were confirmed to have respiratory illness caused by EV-D68 since mid-August.

EV-D68 causes respiratory illness and the virus likely spreads from person to person when an infected person coughs, sneezes, or touches contaminated surfaces. Symptoms of EV-D68 include fever (although fever may not be present), runny nose, sneezing, cough, and body and muscle aches. Some children have more serious illness with breathing difficulty and wheezing, particularly children with a history of asthma.

Parents should seek medical attention immediately for children who are having any breathing difficulty (wheezing, difficulty speaking or eating, belly pulling in with breaths, blueness around the lips), particularly if the child suffers from asthma. There is no specific treatment for persons with EV-D68, nor is there a vaccine to prevent it. However, everyone six months of age and older should receive influenza vaccine every year to protect themselves against that important cause of respiratory disease.

Health-care providers should consider EV-D68 as a possible cause of acute, unexplained severe respiratory illness, even if the patient does not have fever, and consider laboratory testing of respiratory specimens for enteroviruses when the cause of respiratory illness in severely ill patients is unclear.

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.

Hospital Isolation and Child Care/School Exclusion Recommendations

The incubation period for enteroviruses is typically 3 to 6 days. Fecal shedding of enterovirus can continue for several weeks or months after onset of infection, but respiratory tract shedding usually is limited to 1 to 3 weeks or less.

Public Health Advisory

Isolation of the hospitalized patient

In addition to standard precautions, contact precautions are indicated for infants and young children for the duration of illness for enterovirus. However, because EV-D68 is primarily a respiratory illness, droplet precautions are also recommended.

If a single room is not available, immunocompetent patients with similar symptoms can be cohorted. However, when available, single patient rooms are preferred since a common clinical presentation can be caused by more than one infectious agent. In addition, the inability of infants and children to contain body fluids, and the close physical contact that occurs during their care, increases infection transmission risks for patients and health-care personnel.

Exclusion from other settings

Child-care: Until diarrhea and/or vomiting has stopped. For mild, cold-like symptoms, exclusion is not necessary, as long as the child is well enough to participate in routine activities.

School: None, unless the child is not feeling well and/or has diarrhea.

The best way to prevent transmission of enteroviruses is to:

- 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 sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.

Additional information about EV-D68 can be found on the CDC website at:
<http://www.cdc.gov/non-polio-enterovirus/about/ev-d68.html>

For more information or to report a suspect case, contact Karla Lopez at (760) 482-4723.

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