



Patient Education:

# Enterovirus D68, Pediatric

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# Enterovirus D68, Pediatric

Enterovirus D68 is a common virus that causes a fever, cough, and nasal congestion (*upper respiratory infection*). Both children and adults can be infected with the virus. However, many adults are resistant to the virus, so infection is more common in children.

Enterovirus D68 spreads from person to person through coughing and sneezing. The virus is present in the fluid of an infected person's lungs (*upper respiratory secretions*). When a sick person coughs or sneezes, particles get released into the air. Your child can get infected from breathing in these particles. The virus may also be on any surface where these particles land. Your child can get infected by touching that surface and then touching his or her nose or mouth.

## SIGNS AND SYMPTOMS

Symptoms can range from mild to severe. Children with lung conditions, especially asthma, may have more severe symptoms. Symptoms may include:

- Fever.
- Nasal congestion.
- Sneezing.
- Muscle aches.
- Cough.
- Wheezing.
- Trouble breathing.

## DIAGNOSIS

Your child's health care provider will diagnose the infection based on symptoms and a physical exam. He or she may also want to do a chest X-ray if there is breathing trouble or wheezing.

## TREATMENT

There is no treatment or vaccine for this infection. Most children recover completely after resting at home for several days. Children with asthma may need to go to the hospital if they have wheezing or trouble breathing. Treatment in the hospital may include oxygen, fluids through an IV, and medicines for asthma control.

## HOME CARE INSTRUCTIONS

- **Do not** give your child any medicines unless your health care provider says it is okay.
- Have your child rest at home until symptoms go away. **Do not** allow your child to go to school while he or she has symptoms.
- Have your child drink enough fluid to keep urine clear or pale yellow.
- If your child has asthma, ask your health care provider about a plan to increase your child's asthma medicines (*asthma action plan*).
- Keep all follow-up appointments with your child's health care provider.
- Follow any other instructions given to you by your child's health care provider.

## **SEEK MEDICAL CARE IF:**

- Your child is taking acetaminophen and it is not controlling his or her fever or other symptoms.
- Your child has nausea or vomiting.
- Your child cannot keep down fluids.
- Your child who is older than 3 months has a fever.

## **SEEK IMMEDIATE MEDICAL CARE IF:**

- Your child's fever and symptoms last longer than 3 days.
- Your child who is younger than 3 months has a fever of 100°F (38°C) or higher.
- Your child develops wheezing.
- Your child develops breathing problems.

## **MAKE SURE YOU:**

- Understand these instructions.
- Will watch your child's condition.
- Will get help right away if your child is not doing well or gets worse.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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