



## LAMBTON PUBLIC HEALTH

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Parents and Guardians

### **Re: Enterovirus D68**

Lambton Public Health and Chatham-Kent Public Health Unit are working with teachers and school board officials to monitor for the presence of **Enterovirus D68** in our community. One confirmed case, without serious illness, was reported in Chatham-Kent.

Enterovirus D68 (EV-D68) is a respiratory infection, related to the common cold virus. It causes respiratory illness with symptoms ranging from mild to severe. Since August 2014, increased numbers of cases have been reported in North America, including recent cases in Ontario.

EV-D68 is spread person-to-person through coughing and sneezing, close contact with infected persons, or touching a contaminated surface. Symptoms can include: cold-like illness with coughing, wheezing and severe breathing difficulties, which may require immediate medical attention. **Some infections are so mild they may go unnoticed.**

Children and teenagers face an increased risk of infection. Children under 6 years of age, and those with asthma, have a higher risk for severe illness. Seek immediate medical attention if experiencing breathing difficulties.

There is **no specific treatment** or vaccine for EV-D68.

To protect you and your children from EV-D68, and other illnesses, public health offers the following recommendations:

- Teach your children to wash their hands often, and completely, with soap and water, or use an alcohol-based hand sanitizer.
- Encourage children to avoid touching their noses and eyes.
- Teach your child to cough or sneeze into a tissue or their sleeve. Dispose the tissue immediately, and wash hands with soap, or use hand sanitizer.
- Encourage children not to share personal items such as eating utensils or drinks.
- Clean commonly-touched surfaces and objects often.
- If your child is sick, keep them home until they are feeling well and can take part in normal day-to-day activities.
- Ensure your children's immunizations are up-to-date.
- Eat healthy foods and be physically active to keep your immune system strong.

**For more information, or any questions please call Lambton Public Health at 519-383-8331**

