

NEWS RELEASE

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For Immediate Release

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Enterovirus Update

Southwest Nebraska Public Health Department (SWNPHD) is offering a public health update on enteroviruses. Enterovirus infections are common in the summer and fall. Several neighboring states to Nebraska are seeing more children than usual with severe respiratory illness caused by enterovirus D68 (EV-D68) according to the Nebraska Department of Health and Human Services.

Enteroviruses are very common with more than 100 known types. EV-D68 infections occur less often. It appears to spread through close contact with infected people. It is a respiratory disease that makes your asthma more intense and brings on wheezing. There are no vaccines for preventing EV-D68.

Parents are encouraged to consult with their family physician if their child has cold like symptoms and begins to experience difficulty breathing. Also, if their child appears to get better and then relapses.

To help reduce the risk of infection with EV-D68:

- Wash hands often with soap & water for 20 seconds, especially after changing diapers
- Avoid touching eyes, nose, & 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 & doorknobs, especially if someone is sick
- Stay home when feeling sick, and obtain consultation from your health care provider

Core principles of public health are *Cover your Cough*, *Stay Home When Sick* and *Good Hand Washing*. Just a reminder to everyone on the correct way of washing hands:

1. Wet hands with warm water and use soap.
2. Rub your hands together, making sure to scrub all areas.
3. Rub for a minimum of 20 seconds or sing “Happy Birthday.”
4. Rinse thoroughly, then dry hands on a clean towel.
5. Turn faucet off with a clean towel, not hands, to prevent recontamination.

This simple action of washing your hands can make a difference in your home and community. To arrange handwashing demonstrations for schools or groups, please contact Tami Herskowitz at email: tami@swhealth.ne.gov or call 308-345-4223.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties. SWNPHD is located at 404 West 10th Street, McCook – one block north of Arby’s. You can also follow us on [Facebook.com/swnphd](https://www.facebook.com/swnphd) and [Twitter@swpublichealth](https://twitter.com/swpublichealth).

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