

NEWS RELEASE

October 21, 2014

For Immediate Release

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Confirmed Cases of Enterovirus in SWNPHD District

Southwest Nebraska Public Health Department (SWNPHD) received confirmation on two cases of enterovirus D68 (EV-D68) in our health district. 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. Enterovirus infections are common in the summer and fall. 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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