



Public Health

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Press Release

FOR IMMEDIATE RELEASE

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HEADLINE: No Confirmed Cases of Enterovirus D-68 In North Central District

LEWISTON, IDAHO – Public Health – Idaho North Central District is reporting that there are no confirmed cases of Enterovirus D-68 in North Central District at this time. Public Health will continue to investigate all significant illnesses that could be related to Enterovirus D-68.

Enteroviruses are very common viruses. They cause about 10 to 15 million infections in the United States each year. Tens of thousands of people are hospitalized each year for illnesses caused by enteroviruses. Enterovirus D-68 has been associated with severe respiratory illness in children and is being investigated for links to the “polio-like illness” seen in other parts of the United States.

Anyone can get infected with enteroviruses. But infants, children, and teenagers are more likely to get infected and become sick; primarily those with asthma or a reactive airway disease.

Parents should be watchful of their children, especially if they have an underlying health condition such as asthma or a lung disease. If a child is ill and begins to have trouble breathing or is wheezing, parents should contact their healthcare provider immediately, or seek emergency care.

Enteroviruses are transmitted through close contact with an infected person or by touching surfaces that are contaminated by the virus and then touching your mouth, nose or eyes. Symptoms of enterovirus illnesses include coughing, sneezing, a low-grade fever, runny nose and body aches. Most people recover without hospitalization. Since there is no vaccine, people can protect themselves and others by:

- Washing hands frequently and thoroughly. Clean frequently touched surfaces, including children’s toys.
- Covering coughs and sneezes with a sleeve or a tissue.
- Staying home when sick to prevent spreading the disease to others.

Less commonly, a person may develop myocarditis (infection of the heart), pericarditis (infection of the sac around the heart), encephalitis (infection of the brain) and/or paralysis.

Enteroviruses can be found in an infected person's feces (stool), eyes, nose, and mouth secretions, such as saliva, nasal mucus, or sputum.

Since many infected people do not have symptoms, it is difficult to prevent enteroviruses from spreading.

There is no specific treatment for enterovirus infection. People with mild illness caused by enterovirus infection typically only need symptom treatment. They usually recover completely. However, some illnesses caused by enteroviruses can be severe enough to require hospitalization.

If you would like further information please visit the Centers for Disease Control at <http://www.cdc.gov/non-polio-enterovirus/about/index.html>. If you are concerned about your symptoms, you should contact your health care provider.