

# ONEIDA COUNTY HEALTH DEPARTMENT

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## NEWS RELEASE

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**For Immediate Release**

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### ***Confirmed, two cases in Oneida County- Enterovirus***

The best defense against a rare virus that has caused severe respiratory illness in hundreds of children across about a dozen states is proper hand-washing, reminded health officials from the Oneida County Health Department.

There are two laboratory confirmed cases of Enterovirus D68 in Oneida County, said Oneida County Director of Health, Phyllis D. Ellis. This virus has been identified in surrounding counties so this came as no surprise to us.

The rare respiratory virus known as Enterovirus D68, or EV-D68, is part of the family of viruses that includes the common cold. The virus likely spreads from person to person when an infected person coughs, sneezes, or touches contaminated surfaces, according to the Centers for Disease Control and Prevention.

You can help protect yourself from respiratory illnesses by following these steps:

- Wash hands often with soap and water for 20 seconds;
- Avoid touching eyes, nose and 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 and doorknobs, especially if someone is sick; and
- Stay out of crowds, and home from work or school, if you feel ill.

Most children infected with this virus will appear to have a cold, with runny nose, sneezing and cough, which will resolve itself with rest and symptom management which may include over the counter medications for pain and fever. There is no specific treatment for people with respiratory illness caused by this virus. Some children, especially those with asthma and other health problems, are at higher risk of complications, and if they develop severe symptoms they should be referred to their health care provider or urgent care.

Local hospitals have instituted temporary age restrictions on visitors to protect patients. Oneida County Health Department is working closely with local hospitals, schools and health care providers to monitor virus activity.

For more information, please visit our website: <http://www.ocgov.net/health>. Then go to the Enterovirus –D-68 link.

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