

Enterovirus D68 (EV-D68).

Over the past few weeks, the local and national news media have been reporting regularly about a child-centered virus called Enterovirus D68 (EV-D68). This virus, now confirmed in 16 states, including Pennsylvania, is known to cause lung infections in children with asthma or others with breathing difficulties.

Since we're also entering flu season, this is a good time to remind students about good health and hygiene - and to ask parents to join us in reinforcing these messages. Practicing good hygiene is as important as ever and together we can review and practice transmission precautions.

- All desks, door knobs, water fountains and restrooms are disinfected every evening, and cafeteria tables are wiped down between lunches.
- Transmission precautions, including good hand washing techniques and cough etiquette are being reviewed and implemented. Hand soap is available in all of our restrooms and includes a disinfecting agent.
- Hand sanitizer is encouraged for student and staff use in between hand washings or when hand washing is not possible. Hand sanitizer stations are available at several locations in all of our buildings.

How can you help?

According to the Centers for Disease Control (CDC), an individual can help protect themselves from illnesses by following these steps. Please discuss these with your children/students as appropriate:

- Encourage regular hand washing with soap and water. It should take 20 seconds to wash hands – the time it takes to sing “Happy Birthday” two times. A great tip for younger children: keep a small doll, or toy by the sink, and have the child “give it a bath” every time they wash their hands. It works!
- Avoid touching eyes, nose and mouth with unwashed hands.
- **Keep children who have a fever (temperature over 100.0) home. If a student's temperature is above 99.5 – check it again in 20 minutes. If it goes higher, keep the child home.**
- Monitor the child's temperature, only allowing them to return to school once the temperature has been normal for 24 hours without fever reducing medicine.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Avoid contact, like sharing cups or eating utensils, with people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Take medicines as prescribed by your doctor and maintain control of chronic respiratory illnesses during this time. Individuals with asthma should also take advantage of the flu vaccine since they often have a difficult time with respiratory illnesses.

For more information on EV-D68, [click here](#) . If interested, please review the [hand washing video](#).

Stay healthy!