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September 26, 2014, 1630 EDT (4:30 PM EDT)  
NH-HAN 20140926



## Enterovirus-D68 Respiratory Illness Identified in New Hampshire

### NH Division of Public Health Services (NH DPHS) recommends:

1. Awareness that the first two cases of Enterovirus-D68 have been confirmed in New Hampshire residents of Hillsborough County.
2. Healthcare providers should develop asthma action plans for children with a history of underlying respiratory problems or wheezing, who may be at an increased risk of complications from Enterovirus-D68 infection.
3. Testing for Enteroviruses when a patient has a compatible unexplained severe respiratory illness. If assistance in testing for Enteroviruses is needed, call the NH DPHS at 603-271-4496.
4. Reporting clusters of unexplained severe respiratory illness to the NH DPHS at 603-271-4496.

New Hampshire's first cases of Enterovirus-D68 respiratory disease have been confirmed. These two patients are from Hillsborough County, were hospitalized briefly, and recovered without sequelae.

### Background

Clusters of severe respiratory illness were first reported to the Centers for Disease Control and Prevention (CDC) in August 2014 in Kansas City, MO, and Chicago, IL, with identification of Enterovirus-D68 in the majority of respiratory specimens submitted to the CDC for testing. To date, a total of 277 cases in 40 states (including New York, Massachusetts, and Connecticut) have been identified.

Further information from the CDC on the national investigation can be found at:

[http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html?s\\_cid=cdc\\_homepage\\_whatsnew\\_001](http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html?s_cid=cdc_homepage_whatsnew_001)

Enteroviruses are a group of more than 100 different specific viruses, including Enterovirus-D68, which normally circulate in the summer and fall months. These viruses usually cause a mild febrile or upper respiratory tract illnesses, but less commonly can cause central nervous system infection including meningitis and encephalitis. Enterovirus-D68 appears to mainly be causing respiratory illness, but it may cause central nervous system infection as well. Children and adolescents with a history of respiratory illness appear to be more adversely affected, so healthcare providers should work with their patients that have a history of asthma or wheezing to develop and adhere to an asthma action plan. There are no vaccines or specific treatments available for Enteroviruses.

The main mode of transmission of Enterovirus-D68 is thought to be from person-to-person via respiratory secretions, so prevention should focus on good hand hygiene, avoiding contact with respiratory secretions from a person who is ill, and decontamination of environmental surfaces. Enteroviruses are less susceptible to alcohol-based hand rub so hand washing is preferred, but healthcare facilities should encourage hand hygiene with either soap and water or alcohol hand rubs due to the better accessibility and tolerability of alcohol hand rubs over hand washing in order to maintain high hand hygiene compliance. For hospitalized patients, standard contact and droplet precautions should be used.

There are a variety of methods to test for Enteroviruses including virus culture, fluorescent antibody, and PCR. The New Hampshire Public Health Laboratories (PHL) offers virus culture and fluorescent antibody testing on respiratory specimens. If Enterovirus is identified on any of these methods, further molecular typing to identify the D-68 strain can be performed and may take 7-10 days.

For any questions regarding the contents of this message, please contact NH DHHS, DPHS, Bureau of Infectious Disease Control at 603-271-4496 (after hours 1-800-852-3345 ext.5300).

**NH DHHS-DPHS**NH-HAN 20140926 Enterovirus-D68 Identified in NH

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To change your contact information in the NH Health Alert Network, contact Denise Krol at 603-271-4596 or email [Denise.Krol@dhhs.state.nh.us](mailto:Denise.Krol@dhhs.state.nh.us)

Status: Actual  
Message Type: Alert  
Severity: Moderate  
Sensitivity: Not Sensitive  
Message Identifier: NH-HAN 20140926 EV-D68 Identified in NH  
Delivery Time: 12 hours  
Acknowledgement: No  
Distribution Method: Email, Fax  
Distributed to: Physicians, Physician Assistants, Practice Managers, Infection Control  
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Health Officers and Deputy Health Officers, MMRS and MRC  
From: Benjamin P. Chan, MD – State Epidemiologist  
Originating Agency: NH Department of Health and Human Services, Division of Public Health  
Services

**Attachments:** None

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