

EBOLA INFORMATION AND UPDATE

Key Points:

- To prevent the spread of infectious diseases, the United States has a public health system that on a daily basis rapidly identifies/isolates people suspected of being sick and finds/contacts people who have been potentially exposed to the sick person.
- Coming into contact with people who do not have symptoms of Ebola poses no risk, even if they have recently traveled to affected countries in Africa.

Please go to the website below for more information: <http://www.vdh.state.va.us/>

ENTEROVIRUS D68 INFORMATION

Several states throughout the country are reporting higher rates of severe respiratory illnesses, especially in children. Enterovirus D68 has been reported to cause mild to severe respiratory illness, such as low-grade fever, cough, runny nose, sneezing and body/muscle aches. Some people also may have a rash. Infants, children, and teenagers are most likely to get infected with enteroviruses and become sick.

The Health Department encourages parents, children and all members of our community to take the same prevention steps listed below that help prevent colds, the flu, and other common illnesses.

- Wash your hands often with soap and water for 20 seconds
- Avoid touching eyes, nose, and mouth with unwashed hands
- Avoid close contact (touching and shaking hands) with people who are sick
- Disinfect frequently touched surfaces such as toys and doorknobs, especially if someone is sick
- Cover coughs and sneezes with a tissue or the upper sleeve of your shirt
- Stay home from school or work when sick. This is the season for respiratory illnesses and in general it is important to stay home when sick, particular if you or your child has a fever. (Franklin County policy states that students stay home until 24 hours after fever resolves.)
- In addition the CDC recommends that everyone 6 months of age and older receive an annual flu vaccine. The flu vaccine won't prevent EV-D68, but it will help to prevent influenza, another potentially severe respiratory illness. This is important because during the initial stages of a respiratory illness it is difficult to tell what caused it. Getting a flu vaccine will help avoid flu symptoms from coinciding with the symptoms of EV-D68 or another respiratory illness.

For more information visit: <http://www.vdh.state.va.us/>