

ENTEROVIRUS D68

Anyone watching the news these past few days have are aware of a small outbreak of a virus known as EV-D68. The West Seneca Central School District has been proactive by being in contact with our school physician and the Erie County Health Department.

EV-D68 has been reported to cause mild to severe respiratory illness and the virus can be found in respiratory secretions such as saliva, nasal mucus or sputum (mucus from the lungs). The virus likely spreads from person when an infected person coughs, sneezes, or touches contaminated surfaces.

There is no specific treatment for the EV-D68 infection. Contact your primary physician if you or anyone in your family shows signs of a respiratory infection.

PREVENTION IS THE KEY TO KEEPING YOURSELF AND YOUR FAMILY HEALTHY.

- As per the Erie County Health Department: wash your hands often with soap and water for 20 seconds especially after changing diapers. **HANDWASHING IS THE SINGLE MOST IMPORTANT THING WE CAN DO TO PREVENT ILLNESS.** Please note that students may not carry hand sanitizers without a doctor's order. By law, it is considered an over the counter medication. The district is well equipped with sinks and soap throughout our buildings.
- 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.

Please help keep your child and other students healthy by teaching them good health habits:

- Teach them to cover their mouths when coughing or sneezing and using the inner aspect of their elbow to cover their coughs and sneeze.
- Teach them to wash their hands using both soap and water after they sneeze or cough and before they eat.
- Encourage your child to eat healthy food including fruits and vegetables and drink at least 8 glasses of water a day.
- Enforce a strict bedtime. At least eight hours of sleep daily.

If you have any questions about this virus, contact your primary physician.