



Virus Infections Information Sheet

Name of Virus	How it is Spread	Symptoms	Helpful Preventions	Recommendations
<p>Enterovirus D68—</p> <ul style="list-style-type: none"> • severe respiratory illness in children • Infection is most likely in summer and fall 	<ul style="list-style-type: none"> • Coughing • Sneezing • Close contact with others who are sick • Touching your eyes, nose, or mouth and touching others or touching surfaces/objects • Touching surfaces or objects that may be contaminated 	<ul style="list-style-type: none"> • Fever • Runny Nose • Sneezing • Coughing • Body & Muscle Aches • Wheezing & Difficulty Breathing 	<ul style="list-style-type: none"> • Wash hands thoroughly with soap & water for at least 20 seconds or use an alcohol-based hand rub • Cover your mouth when coughing & sneezing with a tissue. Throw the tissue away in a trash can • If you do not have a tissue, you can cough or sneeze in your upper sleeve or elbow, not your hands. • Keep counter tops clean by cleaning properly 	<ul style="list-style-type: none"> • Contact your medical doctor especially if the child has difficulty breathing
<p>Influenza (Flu)</p> <ul style="list-style-type: none"> • Respiratory Illness 	<ul style="list-style-type: none"> • Coughing • Sneezing • Avoid close contact 	<ul style="list-style-type: none"> • Viruses infect the nose, throat, & lungs • Can cause mild to 	<ul style="list-style-type: none"> • Wash hands thoroughly with soap & water for at least 20 seconds or use an alcohol-based hand rub 	<ul style="list-style-type: none"> • By getting a flu vaccination each year, will help prevent the flu

	<p>with people who are sick</p> <ul style="list-style-type: none"> • Avoid touching your eyes, nose, or mouth • Touching surfaces or objects that may be contaminated 	<p>severe illness and at times even lead to death</p> <ul style="list-style-type: none"> • Fever or feel feverish/chills • Cough • Sore throat • Runny or stuffy nose • Muscle or body aches • Headaches • Fatigue (very tired) • Some people may have vomiting and diarrhea, though this is more common in children than adults 	<ul style="list-style-type: none"> • Cover your mouth when coughing & sneezing with a tissue. Throw the tissue away in a trash can • If you do not have a tissue, you can cough or sneeze in your upper sleeve or elbow, not your hands. • Keep counter tops clean by cleaning properly 	<ul style="list-style-type: none"> • Stay at home • Avoid contact with other people except to get medical care • People who are high risk of serious flu (people 65 and older, pregnant women, people with certain medical conditions and young babies and young children) should contact their doctor
Ebola Virus	<ul style="list-style-type: none"> • Transmitted among humans through close & direct physical contact with infected bodily fluids (saliva, mucus, tears, sweat, semen, breast milk), the most infectious 	<ul style="list-style-type: none"> • Have a fever (101.5 F or higher) • headache, • muscle pain, • diarrhea, 	<ul style="list-style-type: none"> • Wash hands frequently or use an alcohol-based hand sanitizer • Avoid contact with blood & body fluids of any person, who is sick 	<p>Seek medical care immediately if:</p> <p>Have a fever (101.5 F or higher) headache, muscle pain, diarrhea, vomiting, stomach pain or unexplained bruising</p>

	<p>transmission is having contact with blood, feces and vomit.</p> <ul style="list-style-type: none"> • NOT an airborne infection • Contact with contaminated surfaces and objects (low risk of transmission) 	<ul style="list-style-type: none"> • vomiting, • stomach pain or • unexplained bruising or bleeding <p>Symptoms can occur between 2 and 21 days after contact</p>	<ul style="list-style-type: none"> • Do not handle items that may have come in contact with an infected person's blood or body fluids • Do not touch the body of someone who has died from Ebola • Do not touch bats & nonhuman primates or their blood & fluids <p>and</p> <ul style="list-style-type: none"> • do not touch or eat raw meat prepared from these animals 	<p>or bleeding</p>
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Resources:



Centers for Disease Control and Prevention, <http://www.cdc.gov> (Has great resources)



<http://www.who.int/en>



<https://www.dshs.state.tx.us/>



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