



# City of Milford, Connecticut

~ Founded 1639 ~

## HEALTH DEPARTMENT

A. Dennis McBride, M.D., M.P.H.  
Health Director

Telephone: (203) 783-3285

FAX: (203) 783-3286

E-mail: admcbride@ci.milford.ct.us

September 15, 2014

Dear Milford Parent or Guardian,

As you may be aware, news regarding Enterovirus D68 (EV-D68), a serious respiratory illness, is quickly evolving. As such, we would like to provide you with an update as to the status in the city of Milford.

The Milford Health Department is working closely with state and local officials to monitor the situation and provide Milford residents with appropriate information. At this time, the Milford Health Department and Milford Public Schools have not received reports of illness and/or increased absenteeism due to illness in the schools.

The Milford Health Department is advising parents and guardians to be aware of the signs and symptoms of Enterovirus D68 (EV-D68). EV-D68 is causing cases of severe respiratory illness among children and other individuals in several states, sometimes resulting in hospitalization, especially among children with asthma.

The U.S. Centers for Disease Control & Prevention (CDC) reports that the exact transmission of Enterovirus D68 is not known. We believe that it is prudent to use prevention strategies for other enteroviruses which are transmitted through close contact with an infected person, or by touching objects or surfaces and then touching the mouth, nose or eyes. There is no specific treatment for EV-D68 infections other than management of symptoms. As such, we advise taking the following steps:

- Wash your hands often with soap and water.
- Avoid close contact with people who are sick.
- Clean and disinfect surfaces, such as toys and doorknobs, frequently.
- Keep children who are sick at home. Don't send them to school. Consult your doctor.
- Cover your coughs and sneezes. Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
- Since people with asthma are higher risk for respiratory illnesses, they should regularly take medicine and maintain control of their illness during this time. They should also take advantage of influenza vaccine since people with asthma have a difficult time with respiratory illnesses.

Below is some information regarding enteroviruses, as well as information specific to EV-D68.

### Enteroviruses

- Enteroviruses are very common viruses; there are more than 100 types.

82 New Haven Avenue

Milford, CT 06460-4827

[www.ci.milford.ct.us/health](http://www.ci.milford.ct.us/health)

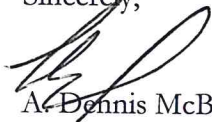
- It is estimated that 10 to 15 million enterovirus infections occur in the United States each year.
- Enteroviruses can cause respiratory illness, febrile rash, and neurologic illness, such as aseptic meningitis (swelling of the tissue covering the brain and spinal cord) and encephalitis (swelling of the brain).
- Most infected people have no symptoms or only mild symptoms, but some infections can be serious.
- Infants, children, and teenagers are most likely to get infected with enteroviruses and become sick.
- Most enterovirus infections in the United States occur seasonally during the summer and fall.

**Enterovirus D68 (EV-D68)**

- Enterovirus D68 infections are thought to occur less commonly than infections with other enteroviruses
- Enterovirus D68 was first identified in California in 1962. Compared with other enteroviruses, EV-D68 has been rarely reported in the United States

We will continue to monitor this virus and look forward to continuing to work together to protect the health of our students and community-at-large.

Sincerely,



A. Dennis McBride, M.D., M.P.H.  
Health Director