



Dear Parent,

As you may be aware, Maine has had a confirmed case of enterovirus D68. Currently, we have no confirmed cases in Portland Public Schools.

Enteroviruses are common, especially in the summer and the fall. Most people who are infected with these viruses do not get sick or they have mild illness, like the common cold. But some people can have serious complications, especially infants, children with asthma and people with weak immune systems.

Children with cold like symptoms, especially if wheezing is noted, are asked to consult with their family physician for further evaluation. If anyone is noted to have difficulty breathing or has wheezes, call 911 and have them transported to the hospital.

Ways to help reduce the risk of getting infected with EV-D68:

- o Wash hands often with soap and water for 20 seconds, especially after changing diapers
- o Avoid touching eyes, nose and mouth with unwashed hands
- o Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick
- o Follow respiratory hygiene by covering your mouth and nose with the inside of your covered elbow while coughing or sneezing.
- o Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.

Your school nurses are monitoring students for signs and symptoms of respiratory and other illnesses. We are following recommendations from the Maine CDC and will keep you informed of updates.