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THE TOWNSHIP OF BLOOMFIELD
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KAREN LORE, MSW, LCSW, DCSW
Director Health & Welfare

F. MICHAEL FITZPATRICK, HO, MA
Health Officer

September 2014

Dear Parent/Guardian,

Enterovirus D68 (EV-D68) cases have been in the news in various states. You are probably hearing about some children becoming sick with severe respiratory illness.

There are many enterovirus'; over 100. A common enterovirus is coxsackie virus (hand, foot and mouth disease).

Most of the children in other states who developed difficulty breathing had a history of asthma or wheezing. Others who become very sick have a weakened immune system. However, many who become infected with EV-D68 develop mild symptoms. Those symptoms include fever, runny nose, sneezing, cough, and muscle aches.

Since EV-D68 is a respiratory illness, the virus is found in respiratory secretions, such as saliva, nasal mucus or discharge, and sputum.

The virus spreads when an infected person coughs, sneezes or touches a surface which then becomes contaminated.

Treatment of EV-D68 includes relieving symptoms. If your child has a fever, DO NOT administer aspirin. Please check with your health care provider which over the counter medications or prescriptions, if any, to give your child.



MISSION

To prevent disease and promote physical and mental well being through policy development, disease detection, prevention, education, and enforcement; in a culturally competent manner that ensures the highest quality of life for the residents we serve.

Prevention is the most proactive response to protect yourself and family against EV-D68. There is no vaccine to prevent EV-D68. Prevention steps include:

- Wash hands often with soap and water for 20 seconds
- Avoid kissing and sharing eating utensils and cups with anyone who is sick
- Disinfect frequently touched surfaces such as doorknobs, cell phones, toys, toilet handle, especially if someone in the home is sick
- Teach household to use "cough etiquette" - Coughing/Sneezing into a clean tissue. Properly dispose of tissues; OR
- Cough/Sneeze onto your sleeve if no tissue is available.
- DO NOT Cough or Sneeze into the air
- Avoid shaking hands with people who are sick

Should you have any questions regarding the health of your child, please contact your child's health care provider.

For general questions regarding Enterovirus D-68, please call Bloomfield Health & Human Services at 973.680.4058 or 973.680.4024.

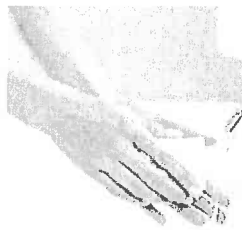
Thank you.

Sincerely,

F. Michael Fitzpatrick, HO, MA
Health Officer
Bloomfield Dept. of Health & Human Services

Donna Christiano Williams, BSN, RN, BC
Public Health Nurse Supervisor
Bloomfield Dept. of Health & Human Services

Keeping hands clean is one of the best ways to prevent the spread of infection and illness



When should you wash your hands?

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone who is sick
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

How should you wash your hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.