

TOWN OF MORRISTOWN AND MORRISTOWN MEDICAL CENTER ENCOURAGE GOOD HYGENE TO PREVENT SPREAD OF GERMS DURING VIRUS SEASON

MORRISTOWN, NJ – OCTOBER 14, 2014 – The Town of Morristown and Morristown Medical Center are partnering to address concerns from the public about Enterovirus D68 (EV-D68) and other common types of respiratory illnesses.

New Jersey, like the rest of the United States, is in the middle of virus season. Many different viruses are common this time of year, including influenza, rhinovirus and more than 100 other types of Enteroviruses. To date, 14 cases of EV-D68 have been confirmed in eight New Jersey Counties.

Enteroviruses are transmitted through close contact with an infected person, or by touching objects or surfaces that are contaminated with the virus and then touching the mouth, nose, or eyes. Most people infected with EV-D68 have no symptoms or only mild symptoms but some infections can be serious. Typically, EV-D68 causes upper respiratory symptoms such as cough, runny nose, sneezing and body/muscle aches and possibly low-grade fever.

Parents and caregivers should be aware that children with weakened immune systems or underlying medical conditions, such as asthma, may experience severe complications and require hospitalization with supportive therapy. If children become ill, parents should consult with their health care provider.

The preventive steps people can take to avoid becoming ill are similar to those of most respiratory illnesses like the flu. These include:

- Washing hands with soap and water for 20 seconds, especially after changing diapers. Hand sanitizers are not effective against Enteroviruses
- Avoiding touching eyes, nose and mouth with unwashed hands
- Avoiding kissing, hugging, and sharing cup or eating utensils with people who are sick
- Disinfecting frequently touched surfaces, such as toys and doorknobs, especially if someone is sick

“Should your child show symptoms of illness, do not send them to school or on a play date,” said David Shulkin, MD, president, Morristown Medical Center. “We encourage parents to contact their healthcare provider as soon as a child shows symptoms of any cold, flu or virus, but should the symptoms become severe, Goryeb Children’s Hospital offers a pediatric emergency department prepared to address the needs of every child, from minor cuts and sprains to the most complex chronic and acute conditions.”

“Being that we are in the middle of fall and winter is fast approaching, I felt it was important to get information on the virus season out to our community. Parents need to be extra cautious of their child’s symptoms and not hesitate to use the services offered at Morristown Medical Center. Additionally, the Town of Morristown offers flu shots Tuesday 9am-4pm and Fridays 9am to 12:00pm at Town Hall, 200 South Street. Additional information and updates can be found at the town website www.townofmorristown.org.” said Morristown Mayor Timothy P. Dougherty.

Answers to frequently asked questions about Enteroviruses and EV-D68 can be found [here](#).

New Jersey Health Commissioner Mary E. O’Dowd said, "Enterovirus D68 is treated the same as other respiratory illnesses that are seen in children this time of year. “There is no vaccine or specific antiviral medication for Enterovirus infections.”

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