



## Respiratory Syncytial Virus (RSV)

A highly contagious illness that usually causes mild, cold-like symptoms. Most people recover in a week or two, but for some babies and certain adults RSV can be dangerous.

**RSV is spread through droplets from coughs and sneezes. Droplets can be transferred from hard surfaces, clothing & skin-to-skin contact.**

## Transmission

a person can generally spread the virus for 3–8 days after getting sick, but can be up to 4 weeks.

## Prevention

**Using good hygiene prevents the spread of RSV.**

**If you have cold-like symptoms:**

**Wash your hands often.**

**Cover your coughs or sneezes.**

**Clean and disinfect surfaces.**

**Stay home when you are sick.**

*Keeping your newborn away from others as much as possible can reduce their exposure to respiratory viruses.*

### **How long should someone who is sick stay home?**

Stay home until you no longer have a fever without the use of medication, symptoms have improved, and can tolerate normal activities. If your family or people in your immediate community are at-risk for severe RSV, consider staying home longer.

## Severe RSV

Babies and certain adults are at a higher risk of developing severe RSV including,

Premature infants

Infants, especially those under 6 months

Children with underlying medical conditions

Adults above age 65

Adults with underlying medical conditions

# Symptoms

Runny nose, Decrease in Appetite,  
Coughing, Sneezing, Fever, Wheezing

For babies they may only have irritability, decreased activity, & breathing difficulties.

## Managing Symptoms

**There is no specific treatment for RSV.**

Most symptoms go away on their own in a week or two.

Steps to relieve symptoms:

- Manage fever and pain with medication. Never give aspirin to children.
- Keep hydrated.
- Nasal suctioning

## When to Seek Immediate Medical Care

People infected with RSV usually do not need to be hospitalized, but some may if they are having trouble breathing or are severely dehydrated.

### For a baby, seek immediate medical care if:

- they are having difficulty breathing including rapid breathing, wheezing or grunting noises, nasal flaring, abnormal chest movement when breathing.
- they are dehydrated including fewer than 3 wet diapers in 24 hours or 12 hours without urinating.
- they have significantly decreased activity and alertness