

Respiratory Syncytial Virus (RSV)

How to Reduce the Risk



Know how RSV is Spread

RSV is spread:

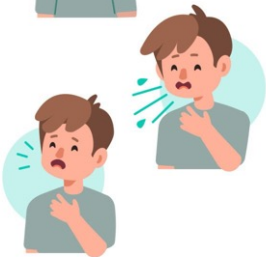
- When an infected person coughs or sneezes
- Through droplets that enter the body through your eyes, nose, or mouth
- Through direct contact with the virus (i.e., kissing the face of a baby who has RSV)
- By touching surfaces with the virus on it such as tables, doorknobs, sinks, crib rails, etc. then touching your face prior to washing hands



Be Aware of Symptoms of RSV

Symptoms of RSV (people infected with RSV usually show symptoms within 4-6 days) include:

- Runny nose
- Decreased appetite
- Coughing
- Sneezing
- Fever
- Wheezing



How to Reduce Your Risk of RSV

- Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
- Wear a well-fitting mask
- Make sure there is adequate ventilation in indoor spaces
- Avoid indoor spaces with poor air flow
- Avoid close contact with sick people
- Avoid kissing, sharing utensils and cups with others, and shaking hands
- Clean and disinfect frequently touched surfaces thoroughly
- Avoid touching your face with unwashed hands

