

Respiratory Syncytial Virus (RSV)

What Parents Need to Know

What is RSV & how does it get transmitted?

- RSV is a virus that affects your respiratory tract (i.e., nose, throat and lungs). Most common in children below the age of two years old.
- The virus spreads when droplets from a cough, sneeze, or infected surface gets into your eyes, nose or mouth.

RSV Symptoms

Symptoms usually appear within 4 to 6 days after getting infected and include:

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing

In young infants < 6 months of age, symptoms include:

- Irritability
- Decreased activity
- Decreased appetite
- Apnea (pauses in breathing for more than 10 seconds)

In infants, RSV can lead to bronchiolitis, pneumonia, and hospitalization.

RSV Care & Prevention

Some preventive measures you can take include:

- Wash your hands
- Wear a well-fitting mask (children under the age of 2 should not wear a mask)
- Keep your hands off your face
- Avoid contact with sick people
- Cover coughs and sneezes
- Clean and disinfect surfaces
- Keep your child at home when they are sick
- Make sure there is adequate ventilation in your home
- Avoid indoor spaces with poor air flow
- Symptoms for most children can be managed with acetaminophen and ibuprofen (check with your healthcare provider for the correct dosage). Fluids are encouraged to prevent dehydration.

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Call your healthcare provider right away if your child is having any of the following symptoms:

- Difficulty breathing (i.e., flaring nostrils, breathing faster than normal and lips turning blue)
- Not drinking enough fluids
- Symptoms are getting worse

For more information visit the Centers for Disease Control and Prevention, RSV in Infants and Young Children webpage at:

<https://www.cdc.gov/rsv/high-risk/infants-young-children.html>

