



What you need to know about...

RSV

RSV (Respiratory Syncytial Virus) infects most children by the age of 2 with just a cough or runny nose. However, premature children or those with chronic diseases such as asthma or heart disease are at risk for a more serious infection from the virus.

Common Symptoms of RSV:

Runny nose	Cough
Low-grade fever	Headache
Irritability	Sore throat

Most symptoms start about 3-8 days after an infant or child is exposed to someone who is sick or has touched toys or surfaces that contain the germs.

Diagnosing RSV:

A healthcare provider will make a diagnosis based on the child's symptoms, especially if they are wheezing and have a cold. RSV is more of a seasonal disease with the peak season being November – March.

A nasal swab by a healthcare provider can detect the RSV virus.

Symptoms to call your Healthcare Provider for:

- Cold lasting more than a few days
- High fever
- Wheezing
- Very fast breathing
- Difficulty breathing
- A cough that won't go away
- Apnea (stop breathing)

- Child is extremely tired or hard to wake
- Child is fussy and hard to comfort
- No wet diapers for 8 hours

Treatment:

RSV is a viral infection. For most RSV infections you treat the symptoms. Typically it can last 8-15 days. Medications are used to reduce the fever and keep the child comfortable. Often you may be told to use a cool mist humidifier. Your healthcare provider may prescribe medication to be given through a nebulizer if your child is wheezing.

Some children with trouble breathing may need to be in the hospital to receive oxygen and to be monitored more closely. Because RSV is a virus not a bacteria, antibiotics do not help.



Prevention:

- The best prevention is avoidance of exposure.
- Never share your child's bottles, pacifiers, eating utensils or drinks
- Keep your children away from others who are sick.
- Wash hands frequently.
- Ask childcare centers to wash toys.

If your child is considered high risk (premature or have a pre-existing condition) talk with your healthcare provider before RSV season starts. There are different options that they can offer you.