

RESPIRATORY SYNCYTIAL VIRUS (RSV)



WHAT IS RSV?

Respiratory syncytial virus or “RSV” is a common respiratory virus causing cold-like symptoms.

SYMPTOMS

Symptoms of RSV develop 4-6 days after getting infected, and for most children and adults, it **resembles a cold** - this most commonly include:



- Cough
- Runny Nose
- Fever
- Loss of Appetite
- Body Aches
- Feeling Tired
- Wheezing
- Sneezing



PROTECT YOURSELF AGAINST RSV

- There are key steps everyone can take to help prevent the spread of RSV and other respiratory viruses, including:
 - Cover your coughs and sneezes with a tissue or your shirt sleeve, not your hands
 - Wash your hands often with soap and water for at least 20 seconds
 - Avoid close contact with others, such as kissing, shaking hands, and sharing cups and eating utensils
 - Clean frequently touched surfaces such as doorknobs and mobile devices
 - Clean shared toys daily in a dishwasher or with soap and hot water to avoid any toxicity.

WHEN SHOULD A DOCTOR BE CALLED?

- Fortunately, most people recover from an RSV infection on their own; however, call your doctor right away or **seek emergency care if the person is having any of the following symptoms:**
 - High, ongoing fever (101.3 F [38.5 C] or higher).
 - Trouble breathing, such as short, rapid, and shallow breaths or retractions, where the chest caves in and the belly expands with each breath.
 - Signs of dehydration
 - Refusing to nurse or bottle-feed.
 - Unusual irritability or inactivity
 - Turning blue around the lips and fingertips