

5 Things to Know About RSV



The Centers for Disease Control and Prevention are reporting an increase in cases of respiratory syncytial virus (RSV) and RSV-associated emergency department visits and hospitalizations in multiple areas of the United States over the last few months.

We want to make sure parents know the signs and symptoms to keep their children protected.

1 What is RSV?

RSV (or respiratory syncytial virus) is one of the many viruses that cause respiratory illness of the nose, throat, and lungs. It's most common during the winter (November-March).

2 Who's at risk?

Almost all children under 2 will get RSV. Premies and children with immune problems are at a higher risk of complications that can develop into a severe case that requires hospitalization.

3 Symptoms

Symptoms generally last an average of 5-7 days.

- Fever (temperature of 100.4 or higher)
- Cough (dry or wet sounding)
- Congestion
- Runny nose and/or sneezing
- Fussiness in infants, reduced hunger

4 Emergency Warning Signs

Seek medical care right away if your child has any of these symptoms:

- Fast or short breaths
- Grunting noises
- Chest caving in with each breath
- Skin turns blue or purple due to lack of oxygen
- Significantly decreased activity and alertness

5 Prevention

Keep kids at home when they're sick to prevent the spread of illness.

- Wash hands often with soap and water for at least 20 seconds
- Avoid touching eyes, nose, and mouth with unwashed hands
- Cover your coughs and sneezes
- Clean and disinfect surfaces and objects that people frequently touch — toys, doorknobs, and mobile devices