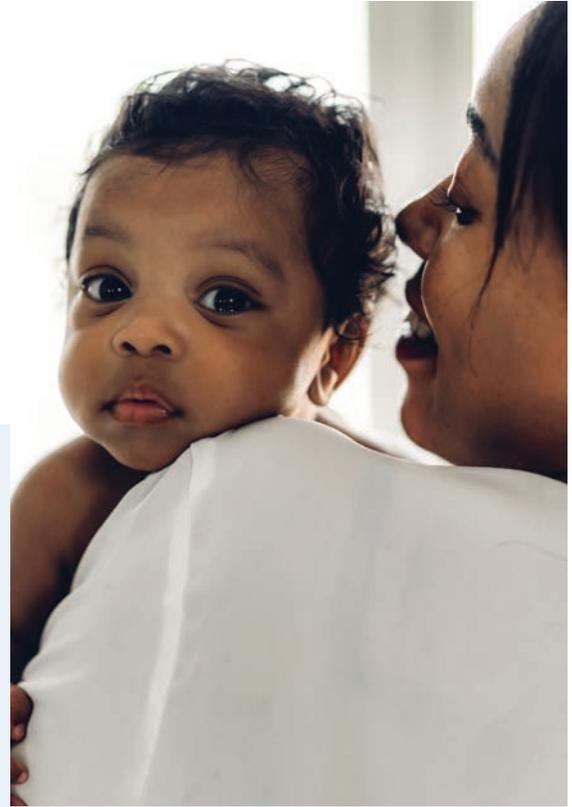


Understanding Respiratory Syncytial Virus (RSV)

Respiratory Syncytial Virus (RSV) is a highly contagious respiratory virus that can infect people of all ages. This common virus typically causes mild symptoms like those of the common cold. Most people will have contracted RSV by the time they are two years old. Severe RSV infection can be unpredictable, causing an estimated 58,000 hospitalizations each year in children younger than five, and making it the leading cause of hospitalization in all infants under 12 months of age.

Children at highest risk for severe RSV infection

- Premature infants
- Infants six months and younger
- Children with chronic lung or heart disease
- Children with weakened immune systems
- Children with neuromuscular disorders



What causes RSV?

RSV is spread from person to person when someone infected sneezes or coughs and virus droplets enter the eyes, nose or mouth of someone in close contact. RSV can also be spread by touching objects such as toys or doorknobs that have the virus on them and then touching your face. The illness normally lasts three to seven days, and during this time those infected are most contagious.

RSV Symptoms

Symptoms are generally mild and usually clear up on their own after a few days. In some cases, more serious illness may develop and a call to your child's healthcare provider will be warranted. RSV is the most common cause of complications such as bronchiolitis and pneumonia in children younger than 12 months of age in the United States.



Symptoms

- Runny nose
- Cough
- Decreased appetite
- Decreased activity
- Fever (sometimes)
- Irritable (young infants)



When to Call Your Child's Healthcare Provider

- Trouble breathing
- Dehydrated
- Poor appetite
- Symptoms become severe or worrisome
- Shallow cough throughout day and night
- Your child is at higher risk for severe RSV

Preventing RSV

Like many respiratory illnesses spread by coughing and sneezing while in close contact with others, transmission can be prevented by keeping distance from others who are sick and maintaining these healthy habits:

- Avoid close contact with infected people
- Avoid sharing cups, bottles or toys that may be contaminated with the virus
- Cover your mouth and nose with a tissue when you cough or sneeze
- Put your used tissue in the garbage
- Cough or sneeze into your upper sleeve or elbow (not your hands) if you don't have a tissue
- Wash your hands often with soap for at least 20 seconds
- Use alcohol-based hand sanitizer if a handwashing station is not available



Learn more by calling our **Lung HelpLine** at **800-LUNGUSA** or visiting Lung.org/rsv

Development of this content is funded by Sanofi Pasteur. They are not responsible for its content.