

Fast Facts

Respiratory Syncytial Virus (RSV)

- An infection of the lungs and respiratory tract
- Most children have been exposed by the age of 2
- Seasonal with starting in the fall lasting to the end of spring
- Spread as respiratory droplets that enter the air when an infected person sneezing or coughing
 - Can get it if you have direct contact with in an infected person
 - Can live on hard surfaces, like countertops and toys, for several hours
- Children who go to child care centers or have older siblings who go to school are at high risk
 - Enters the body through the eyes, nose or mouth
- Most contagious in the first few days, but can continue to spread the virus for a few weeks
 - Can infect anyone, but some individuals are at higher risk than others
 - Symptoms usually appear within four to six days of exposure
 - Most people recover within a week or two

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Mild:</i></p> <ul style="list-style-type: none"> -Congested/runny nose -Dry cough -Low-grade fever -Sore throat -Mild headache <p><i>Severe:</i></p> <ul style="list-style-type: none"> -Fever -Severe cough -Wheezing -Rapid/difficult breathing -Bluish color of the skin, especially around the mouth and fingernails <p><i>Severe (infants only):</i></p> <ul style="list-style-type: none"> -Chest muscles/skin pull inward with each breath -Poor feeding -Irritability -Unusual tiredness (lethargy) 	<p><i>Mild (Supportive care measures):</i></p> <ul style="list-style-type: none"> -Over-the-counter medication, like acetaminophen, to reduce fever -Nasal saline drops and suctioning - Stay calm or keep child as calm as possible -Drink plenty of fluids (cool fluids can help soothe a sore throat and warm fluids can help loosen up secretions, so try using both) -Continue to feed your child as you normally would -Use a cool-mist humidifier or vaporizer to moisten the air to 50% humidity -Avoid secondhand smoke <p><i>Severe (Hospitalization):</i></p> <ul style="list-style-type: none"> -Intravenous (IV) fluids -Humidified oxygen -Ventilator -Antiviral medication for those with compromised immune systems 	<ul style="list-style-type: none"> -No vaccine yet -Frequent and thorough handwashing -Limit time around those who have fevers or colds -Keep hard surfaces clean by disinfecting regularly -Don't share drinking glasses or eating utensils with a sick family member -Don't smoke around the infected person -Take medication if you fall into high risk group

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