

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

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