

WHAT IS RSV?

Respiratory Syncytial Virus is a common virus that usually causes mild, cold-like symptoms.

RSV can become serious for **infants and older adults** and can worsen chronic health problems like asthma.

Symptoms usually come in stages and include:

- runny nose
- decreased appetite
- coughing
- sneezing
- fever
- wheezing



You can prevent the spread of RSV by

- covering your coughs and sneezes
- washing your hands often
- cleaning and disinfecting surfaces
- avoiding touching your face
- staying home when you're sick
- not kissing the face of a baby with RSV

You can **manage the symptoms** by taking over-the-counter fever reducers and drinking plenty of fluids!

Talk to a healthcare provider before giving a child medicine and **never give aspirin to a child.**

Call your pediatrician right away if your child has:

- symptoms of dehydration (fewer than 1 wet diaper every 8 hours)
- pauses or difficulty breathing
- gray or blue color to tongue, lips, or skin
- significantly decreased activity and alertness

Scan the QR code to read more about RSV from the CDC!

