

RSV

(Respiratory Syncytial Virus)



Symptoms of RSV include:

- Runny nose
- Decrease in appetite
- Fever
- Cough
- Wheezing

When to call the doctor:

- Coughing that doesn't stop
- Trouble breathing or fast breathing
- Their chest is caving in when trying to breathe
- Nostrils are moving in and out as they are breathing
- A bluish color around their mouth, gums or nailbeds
- A high fever
- No wet diapers for 6 hours or more

RSV is a common respiratory virus that usually causes mild cold symptoms and usually occurs during fall, winter and spring. RSV can be serious, especially for infants and older adults. RSV is the most common cause of Bronchiolitis (inflammation of the airways in the lungs) and pneumonia (infection of the lungs) in children younger than 1 year of age. It is also a significant cause of respiratory illness in older adults.

Care:

Most RSV infections go away on their own in one to two weeks. Over the counter fever-reducers and pain relievers, such as acetaminophen or ibuprofen can help manage fever and pain. It is also important to drink lots of fluid to prevent dehydration. It is important to keep infants nostrils clear of secretions. This is especially important for infants under the age of 6 months. Infants under the age of 6 months have not yet learned to breathe through their mouths. When their nostrils are clogged they struggle drinking and this leads to dehydration.

Prevention:

- RSV is easily spread by sneezing, coughing, kissing, touching, hugging, door knobs, counter tops, grocery carts, and toys.
- Wash your hands often with soap and water for 20 seconds
- Clean surfaces often, RSV can survive many hours on hard surfaces.
- Keep your sick baby home and away from others.
- RSV is contagious for about 8-10 days or as long as there are symptoms still present.

