



A parent's guide
to respiratory syncytial virus
(RSV)

HELP PROTECT YOUR BABY FROM RSV DISEASE

WHAT IS RSV?

A virus that infects the lungs

RSV stands for respiratory syncytial [sin-sish-uhl] virus. It is a virus that most children catch by age two. In fact, RSV disease is the number one reason babies under 12 months old in the United States have to be admitted to hospitals.

RSV disease can be serious

RSV causes cold-like symptoms in most children, but it is different for babies who were born early or have certain heart and lung problems. For these babies, RSV can cause serious lung infection, such as:

- pneumonia
- bronchiolitis (swelling of the lower airways)

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Is my baby at high risk?

Some babies are at high risk for RSV disease. These things might mean your baby is at high risk:

- born prematurely (at 35 weeks or less)
- born with certain heart problems
- has lung problems



Ask your doctor to find out if your baby is at high risk for RSV disease.



WHAT SHOULD I KNOW ABOUT RSV?

Like the flu, RSV is seasonal

AUG

SEP

OCT

NOV

DEC

JAN

FEB

MAR

APR

MAY

JUN

JUL

RSV season usually runs from fall into spring. It can change from year to year and depends on where you live. Ask your baby's doctor when RSV season starts and ends in your area.

RSV is easily spread

RSV can be spread by:

- sneezing
- coughing
- kissing
- touching
- hugging

The virus can also live for a few hours on things like:

- doorknobs
- countertops
- toys
- clothes
- bedding

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To prevent the virus from spreading:

- wash your hands and ask others to do the same
- avoid crowds and other young children
- keep toys, clothes, blankets, and sheets clean

Help protect your baby by:

- keeping him/her away from people who smoke
- asking your baby's daycare provider to keep him/her away from crowds



Ask your doctor about the importance of protecting your baby from RSV disease.



DOES MY BABY HAVE RSV DISEASE?

The start of symptoms

If your baby has RSV disease, he or she will start to get sick about 4 to 6 days after being infected. About 1 to 3 days later, you might start noticing symptoms of the infection, like coughing, sneezing, and fever.

Signs of RSV disease

If you notice any of these things about your baby, **call your baby's doctor right away:**

- coughing that does not stop
- fast or troubled breathing
- spread-out nostrils and/or a caved-in chest when trying to breathe
- a bluish color around the mouth or fingernails
- a fever (especially if it is over 100.4°F in infants under 3 months of age)

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What to expect at a doctor's visit

A doctor can decide if your baby has RSV disease by:

- examining his/her body
- taking his/her temperature
- doing lab tests

If your baby has RSV disease, the doctor will tell you how bad it is. In serious cases, the doctor may tell you to take your baby to the hospital.



Ask your doctor for more recommendations on ways to prevent RSV disease.



HOW DO I CARE FOR A BABY WITH RSV DISEASE?

The more you know

There are ways you can help prevent illness in high-risk infants. **Remember: your baby's doctor can help you decide what's best for your child.**

Recovering from RSV disease

It can take up to two weeks for your baby to recover from RSV disease. During that time, there are some things you can do to help your baby feel better. Medicines can help lower a fever, but make sure to speak with your doctor before giving anything to your baby.

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Keep your baby safe

RSV disease can come back even if your baby has already had it. You can do simple things, such as hand washing and regular cleaning, to keep your baby from getting infected again. Also, stay away from other people who are sick.

Don't let RSV spread

If your baby has RSV disease, he or she can get others sick. Here are some tips to help you keep RSV from spreading to others:

- keep your sick baby at home and away from others
- wash anything your baby has touched, including toys and play areas
- wash your hands after you touch your baby



Staying informed about RSV disease will help you protect your baby.





Find out if your baby is at high risk for RSV disease

- Your baby's doctor can help you decide

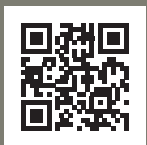


You can help prevent the infection and spread of RSV

- Ask your baby's doctor about more ways to prevent it



Learn about RSV by speaking with your doctor or visit RSVProtection.com



Visit www.RSVProtection.com or scan this code to learn more. To download a free scanner, visit www.getscanlife.com on your mobile device. Data rates may apply.



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