



RSV: Respiratory Syncytial Virus

Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms.

Most people recover in a week or two, but RSV can be serious especially for infants and older adults.

Most children get an RSV infection by the time they are 2 years old.

What it can feel like



- Fever
- Wheezing
- Runny nose
- Decrease in appetite
- Coughing
- Sneezing

In very young infants with RSV, the only symptoms may be irritability, decreased activity, and breathing difficulties.

Call your healthcare professional if you or your child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

Call **911** or go to the **ER** if it is an emergency.

How it spreads

- **Droplets** can carry the virus and stay in the air when someone breathes out.
- **People who touch objects or surfaces** with the virus on them can transfer the germs to themselves by touching their face.

When an adult gets RSV infection, they typically have mild cold-like symptoms, but some may develop a lung infection or pneumonia.

Adults most at risk are over age 65, have a chronic heart or lung disease or a weakened immune system.

How to not get sick

- Clean frequently touched surfaces
- Avoid close contact with sick people
- Stay home when sick
- Wear a mask
- Wash hands often
- Cover cough and sneezes

For more information on RSV, talk to your primary care provider,
visit https://bit.ly/RSV_CDC or scan the QR code

