

## 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.

### PEOPLE AT HIGH RISK FOR RSV

Children at high risk for severe illness from RSV include:

- Premature infants
- Infants up to 12 months, especially those 6 months and younger
- Children younger than 2 years with chronic lung disease or congenital (present from birth) heart disease
- Children with weakened immune systems

Adults at high risk for severe RSV infection include:

- Older adults
- Adults with chronic heart or lung disease
- Adults with weakened immune systems
- Adults with certain other underlying medical conditions
- Adults living in nursing homes or long-term care facilities

### HOW DOES RSV SPREAD?

Similar to some other respiratory infections, a cough or sneeze can easily spread RSV to nearby people, objects and surfaces.

- People who touch objects or surfaces with the virus on it can transfer the germs to themselves by touching their face.

### RSV SYMPTOMS MAY INCLUDE

- Fever
- Sore throat
- Runny nose
- Wheezing
- Congestion
- Headache
- Cough
- Tiredness

**Contact your healthcare provider if you are concerned or have questions about symptoms.** Call **911** or go to the **ER IMMEDIATELY** if you or your child are having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

For more information on RSV, talk to your primary care provider, visit [www.cdc.gov/rsv](http://www.cdc.gov/rsv) or scan the QR code.



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RSV circulation starts in the fall and peaks in the winter. If you are at high risk for severe RSV infection, or if you interact with those most at risk of getting very sick with RSV, you should take extra care to stay healthy.

### WHAT YOU CAN DO EVERY DAY TO LIMIT THE SPREAD OF RSV

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

### RSV VACCINES TO PROTECT OLDER ADULTS

- Adults 60 years of age and older may receive a single dose of RSV vaccine.
- RSV can be dangerous for older adults. The new RSV vaccines can protect you from severe RSV infection.
- Talk to your healthcare provider to learn if RSV vaccination is right for you.

### RSV IMMUNIZATIONS TO PROTECT INFANTS AND TODDLERS

Preventive options to protect babies from severe RSV:

- Pregnant people may receive a single dose of maternal RSV vaccine during weeks 32-36 of pregnancy.
- Infants may be given an RSV antibody immunization during their first RSV season.

### SUGGESTED QUESTIONS TO ASK YOUR DOCTOR

- Do I have underlying conditions that could put me at increased risk of severe RSV?
- What is important for me to know about RSV and other respiratory viruses this season?

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