



PUBLIC FACT SHEET

RSV-Respiratory Syncytial Virus

What is RSV?

RSV is a very common virus. The virus causes mild, cold-like symptoms in adults and older children. It can cause serious respiratory problems in young babies.

How is RSV spread?

RSV may be spread through the following ways:

- Touching infected secretions of the nose or mouth.
- The virus can live on counters and toys for many hours.

What are possible symptoms?

Symptoms may include:

- Stuffy or runny nose
- Low grade fever
- Irritability and tiredness
- Wheezing and difficulty breathing

How is RSV diagnosed?

A rapid test can be done on fluid from the nose. Doctors can also order x-rays or tests to determine oxygen saturation.

What is the treatment for RSV?

- Use a vaporizer to humidify the air to help soothe breathing passages.
- Have child drink plenty of fluids.
- For children who are unable to blow their nose, gently use a bulb syringe to remove nasal fluids if child is uncomfortable.

- Saline nose drops can be used to loosen thick mucus-ask your doctor.
- In severe cases, a child may be hospitalized and require breathing treatments, oxygen therapy, or a breathing machine (ventilator).

How can I prevent RSV?

- **Wash hands frequently.**
- Keep baby away from people who have a cold or a fever.
- Try to keep your children who are ill away from your baby.
- Do not smoke in your home, car or anywhere else near your baby.
- If your baby was born early or has other health concerns, talk to your doctor and ask if your baby should have medication to help prevent RSV.

For more information on RSV:

Ottawa County Health Department

www.miOttawa.org

Medline Plus/ National Institutes of Health

www.nlm.nih.gov/medlineplus/ency/article/001564.htm

CDC Website

<http://www.cdc.gov/rsv/about/index.html>