

A parent's guide to

RSV

(respiratory syncytial virus)

How to help protect your baby
from RSV disease



WHAT IS RSV?

IS YOUR BABY AT RISK?

PREVENTING RSV DISEASE

Respiratory Syncytial Virus



Res-per-uh-tawr-ee
Sin-sish-uhl
Vahy-ruh s

Hard to say, easy to catch.

What is **RSV?**

RSV is a seasonal virus that can infect the lungs. Most children will get RSV by the age of 2, which may cause common cold-like symptoms.

But for babies born prematurely or with certain heart and lung problems, RSV can be very serious. It can cause pneumonia or bronchiolitis and has been associated with asthma and wheezing later in life.

Severe RSV disease sends more than 125,000 babies back to the hospital every year. But there are things you can do to help make sure your baby isn't one of them.

RSV is the **#1** reason babies are hospitalized under 12 months old

How easy is it to **catch RSV?**

Like the flu, RSV is a seasonal virus that is easily spread.

RSV season usually runs from fall into spring and it can change from year to year depending on where you live. Even if your baby has already had RSV once, they can still get it again.

To know when your baby may be at the highest risk to catch RSV, ask your healthcare provider when RSV season starts and ends in your area.



Children <1 year of age
are hospitalized from
RSV
16 times
more than the flu

Is my baby at **high risk** for RSV disease?

While most babies will get RSV by the age of 2, the risks are greater in babies who:

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

Talk to your healthcare provider to find out if your baby is at high risk for RSV disease.



Premature babies are **2** times as likely to be admitted to the hospital for **RSV**-related symptoms than full-term babies

Does my baby have **RSV**?

You want to cherish every moment with your newborn baby, but something doesn't seem right. Knowing the signs of RSV disease can help you and your healthcare provider act quickly if your baby catches it.

The timing after infection



Call your healthcare provider right away if you notice:



coughing or wheezing that does not stop



a bluish color around the mouth or fingernails



fast or troubled breathing or gasping for breath



spread-out nostrils and/or a caved-in chest when trying to breathe



a fever, especially if it is greater than 100.4°F (rectal) in infants under 3 months of age

If your healthcare provider decides your baby's RSV is serious, he or she may tell you to go to the hospital.



RSV can live for up to **6 hours** on things like:

- DOORKNOBS
- CLOTHES
- COUNTERTOPS
- BEDDING
- TOYS

How can I help protect my baby?

Everyone is excited to cuddle up with your newborn baby. Take these extra steps around family and friends to help protect your baby from RSV:



wash your hands before touching your baby, and ask others to do the same



wash your baby's toys, clothes, and bedding often



don't let anyone smoke in your home or near your baby



keep your baby away from:
—crowds and young children
—people with colds

Get more useful safety tips at RSVProtection.com

What to remember

RSV is:

The #1 cause of hospitalization during a baby's first year

2 times more likely to lead to hospitalization in premature babies

Seasonal like the flu (ask your HCP for timing)

Easily spread and lives on surfaces for hours

Most importantly, remember that your baby's biggest hero in the fight against RSV is **YOU**. Wash your hands, avoid crowds, and pay attention for signs of infection. Contact your healthcare provider if you have any questions.

Learn more at [RSVProtection.com](https://www.RSVProtection.com)

