



S O P H I E T R E T T E V I C K
INDIAN HEALTH CENTER
M A K A H T R I B E

About RSV:

Almost all children get RSV at least once before they are 2 years old. For most healthy children, RSV is like a cold. But, some children get very sick with RSV. For certain infants who are born extremely preterm (Before 29 weeks) or who can be born with more serious heart or lung disease, any viral infection can be more serious. Preterm infants often have underdeveloped lungs and may have difficulty fighting a viral infection once they become infected.

Who is at Risk

Infants born prematurely and term infants younger than 6 months are at increased risk for developing serious RSV infection. Young children with medical conditions, such as chronic lung disease, serious heart conditions, or problems with their immune system—including problems due to cancer or organ transplant—are also at high risk.

When and how is RSV Spread:

Respiratory syncytial Virus infection occurs most often from the late fall to early spring. Most illness occurs between November and April, although there may be seasonal variation by region. Respiratory syncytial virus occurs only in humans and is highly contagious. The virus can live for several hours on a surface such as countertop, table, or playpen, or it can live on unwashed hands. RSV is spread by direct or close physical contact with a contaminated surface.

Symptoms of RSV:

For most healthy children, the symptoms of RSV resemble the common cold and include:

- runny nose
- Coughing
- Low grade fever

However, signs of more serious infection may include:

- Difficulty or rapid breathing
- Wheezing
- Irritability and restlessness
- Poor appetite

How can I protect my child from RSV?

- Make sure everyone washes their hands before touching your baby.
- Keep your baby away from tobacco smoke. Parents should not expose their infants and young children to secondhand tobacco smoke.
- **For high risk infants participation in child care should be restricted during RSV season whenever possible**
- **All High risk infants and their contacts should be immunized against influenza beginning at 6 months of age**

How is RSV Treated?

Most Cases of RSV infection are mild and disappear on their own within 5-7 days. However, if your baby is experiencing severe respiratory symptoms, Call Right away.

Flu shots save lives



Protect yourself and those around you.

Ask your doctor, nurse, pharmacist or public health office about getting a flu shot.

This fall get a flu shot, not the flu.



Adapted and updated with author permission from the New South Wales Department of Health Promotion and Protection, 2008.

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Take 3 Steps to Fight the Flu:



1
Get a flu vaccine each year for everyone 6 months of age and older

2 Take everyday preventive actions to stop the spread of germs



Wash your hands often



Cover your coughs and sneezes

3 Take antiviral medicine if prescribed



**Protect yourself.
Protect your community.**

**Get vaccinated.
Protect the circle of life.**