

Respiratory Syncytial Virus (RSV)

RSV causes colds and other respiratory infections, like pneumonia.

RSV can cause severe illness in babies, adults 75 years and older, and people of all ages with weakened immune systems and certain chronic conditions.

Symptoms in kids and adults

- Runny nose.
- Cough.
- Sneezing.
- Fever.
- Wheezing.
- Less appetite.



Symptoms in babies

- Irritability.
- Poor feeding.
- Unusual tiredness.
- Cough or trouble breathing.



Protect yourself and others

- Wash your hands often with soap and warm water.
- Cover your coughs and sneezes with a tissue or your elbow.
- Clean and sanitize dirty surfaces.
- Stay home when you're sick.



How RSV spreads



When a person with RSV coughs or sneezes.



When you touch a surface with viruses on it and then touch your face.

RSV facts

- A person with RSV can be contagious before symptoms appear.
- Viruses can live on surfaces for hours and on hands for over 30 minutes.
- RSV usually circulates in winter and spring but can occur anytime.

Immunization provides the best protection

- During pregnancy or for babies under 8 months.
- Toddlers with certain high-risk conditions.
- Adults 50–74 years with certain high-risk conditions.
- Adults 75 years and older.



Caring for a person with RSV

A person with RSV usually gets better in 1 or 2 weeks. Get lots of rest and fluids.



Should you go to the emergency room, urgent care, healthcare provider, or take care at home? You can use these questions to decide:

marybridge.org/for-patients-families/where-to-seek-care

To learn more, talk to your healthcare provider or visit tpchd.org/protect.