

OCTOBER BUG OF THE MONTH



Respiratory Syncytial Virus (RSV)-

Symptoms of RSV infection usually include:

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing
- Appear in stages
- Symptoms show within **4 to 6 days** after getting infected.

**Young infants with RSV, the only symptoms may be irritability, decreased activity, and breathing difficulties.*



How is respiratory syncytial virus (RSV) spread?

- The air by coughing and sneezing
- Direct contact, such as *kissing the face of a child who has RSV*
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
- People who have an RSV infection are usually **contagious for 3 to 8 days**. But sometimes infants and people with weakened immune systems can continue to spread the virus for as long as 4 weeks.

RSV Treatment:

- Increasing fluid intake
- Oxygen (if severe enough)
- Albuterol / Bronchodilators
- Antiviral medications



Health Habits for Protection Against RSV:

1. RSV Vaccination for those 60+ & Infants/Toddlers
2. Stay home when sick.
3. Wash your hands often with soap and water
4. Avoid touching your face with unwashed hands.
5. **Avoid close contact with others, such as NOT kissing babies** during the holidays
6. Clean frequently touched surfaces and mobile devices.

October is National RSV Awareness Month