



# RSV

## Respiratory Syncytial Virus

In the past several months there has been a surge in the reported cases of RSV. Typically, RSV runs from late fall into the early spring. This year the cases increased during the summer and into early fall. Children attending child care are more likely to develop RSV.

The American Academy of Pediatrics offers the following information regarding RSV:

### What is Respiratory Syncytial Virus?

- A virus causing respiratory illness
- Most common disease of early childhood (generally seen in under 4 year olds.)

### Symptoms of RSV:

Cold: Upper Respiratory Tract Infection	Bronchiolitis: Lower Respiratory Tract Infection
<p>Symptoms may include:</p> <ul style="list-style-type: none"> <li>• Fever (temperature of 100.4 or higher)</li> <li>• Cough (dry or wet sounding)</li> <li>• Congestion</li> <li>• Sneezing</li> <li>• Runny nose</li> <li>• Fussiness</li> <li>• Poor feeding</li> </ul>	<p>Symptoms may include <b>cold symptoms, plus:</b></p> <ul style="list-style-type: none"> <li>• Fast breathing</li> <li>• Flaring of the nostrils</li> <li>• Head bobbing with breathing</li> <li>• Rhythmic grunting during breathing</li> <li>• Belly breathing, tugging between their ribs, and/or tugging at the lower neck</li> <li>• Wheezing</li> </ul>



### Call the pediatrician right away if a child has any:

- Symptoms of bronchiolitis (*listed above*)
- Symptoms of dehydration (fewer than 1 wet diaper every 8 hours)
- Pauses or difficulty breathing
- Gray or blue color to tongue, lips, or skin
- Significantly decreased activity and alertness

### Is RSV contagious?

Yes. RSV spreads just like a common-cold virus—from one person to another. It enters the body through the nose or eyes or, usually from:

- **Direct person-to-person contact** with saliva, mucus, or nasal discharge.
- **Unclean hands** (RSV can survive 30 minutes or more on unwashed hands).
- **Unclean objects or surfaces** (RSV can survive up to 6 hours on surfaces, toys, keyboards, door knobs, etc).

Symptoms can appear 2 to 8 days after contact with RSV. According to the Centers for Disease Control and Prevention (CDC), people infected with RSV are usually contagious for 3 to 8 days. However, some infants and people with weakened immune systems can be contagious for as long as four weeks—even if they are not showing symptoms.

Keep in mind, children and adults can get RSV multiple times—even during a single season. Often, however, repeat infections are less severe than the first one.

### How can you protect children from RSV?

- **Wash your hands!** Just as you would to prevent germs at any time, use soap and water and scrub for at least 20 seconds. Remind children to practice good hand hygiene all through the year.
- Prevent contact with respiratory secretions by using a facial tissue and disposing of them after each use
- Be extra vigilant with sanitization and disinfection during outbreaks

For more information:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/RSV-When-Its-More-Than-Just-a-Cold.aspx>

<https://my.clevelandclinic.org/health/diseases/8282-respiratory-syncytial-virus-in-children-and-adults>