

# RSV Facts

## Protect Your Infant



**Respiratory Syncytial Virus (RSV)** infection is a common respiratory illness caused by a virus. It typically occurs during the fall and winter.

Anyone can be infected. Infants are at higher risk for serious illness, especially if they:

- Are younger than 12 weeks.
- Are premature.
- Have certain heart conditions or chronic lung disease.

RSV can look like a cold and may include:

- Fever – temperature of 100.4 or higher.
- Congestion.
- Cough.
- Sneezing or runny nose.
- Fussiness or unable to soothe.
- Poor feeding.

Call Your Health Care Provider Right Away if Your Baby is:

- Having trouble breathing:
  - Grunting with each breath.
  - Widening nostrils with each breath.
  - Wheezing.
  - Belly breathing or chest looks caved in.
- Not drinking enough fluids – fewer than 1 wet diaper every 8 hours.
- Showing skin color changes – the skin may look blue or grey or have color changes to lips, tongue, gums, or around the eyes.
- Showing less activity or alertness.

How Can You Protect your Baby from RSV?

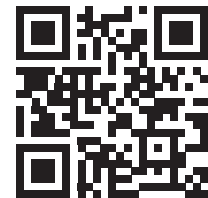
- Wash your hands! Use soap and water and scrub for at least 20 seconds.
- Avoid crowds. Avoid being around others with colds.
- Wear a face mask if you leave home and will be indoors with others.

Other Ways to Help Prevent RSV

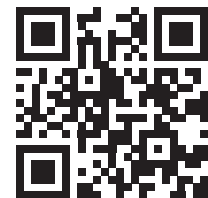
- Vaccinate. All family members should be up to date with vaccinations for influenza, COVID, and Tdap (to protect against whooping cough).
- Disinfect objects and surfaces in your home regularly.
- Avoid exposure to secondhand smoke.
- Feed your baby breast milk.

### More RSV Information:

New York State Department of Health [Respiratory Syncytial Virus Infection \(RSV\) \(ny.gov\)](https://www.health.ny.gov/diseases/communicable/RSV/)



Centers for Disease Control and Prevention: [Symptoms and Care of RSV \(Respiratory Syncytial Virus\) | CDC](https://www.cdc.gov/nczod/dzdx/infectious-diseases/RSV/index.html)



American Academy of Pediatrics: [RSV: When It's More Than Just a Cold – HealthyChildren.org](https://www.healthychildren.org/parenting/illnesses/RSV/)



Department of Health