# **RSV: What Parents Should Know**

Respiratory syncytial virus (RSV), pronounced "sin-si-tial," is a common virus that can cause respiratory illness in infants.<sup>1,2,3</sup>



#### How is RSV spread and who is at risk?

Almost all children will have had RSV by the time they turn two.4

RSV is spread by coughs, sneezes and close physical contact and is typically a seasonal virus, occurring mainly during the cold and flu season (October-March).<sup>2,5</sup>

#### What impact does it have on infants?

Although most RSV infections in babies are mild, some cases can be more serious and hospital care may be needed. In the UK, around 30,000 children under the age of five are hospitalised every year due to RSV.<sup>2</sup>

Bronchiolitis, pneumonia and croup are examples of severe illnesses that can be caused by RSV.1

### Symptoms of RSV-related illness include:



Cold-like symptoms, such as a runny nose, sore throat, cough or fever<sup>3</sup>







## Call your GP or 111 if you have any questions or concerns.

## Refer to the NHS guidance and contact your GP if you are worried about your baby's symptoms, or notice the following:7



They're not feeding normally (they have taken less than half their usual amount during the last two or three feeds)



They have not had a wet nappy for 12 hours or more



They seem very tired or irritable



They have a persistent high temperature of 38°C or above

## Although not common, sometimes symptoms can become severe quickly and more urgent help is needed. The NHS recommends that you call 999 if you notice that:7



Your baby has difficulty breathing



There are long pauses in your



Their lips or tongue are blue (cyanosis). On darker skin this may be easier to see on the lips, tongue or gums, under nails, or around your baby's eyes<sup>5</sup>

## Precautions to protect against RSV are the same as other respiratory infections, including COVID-19:7



Wash hands frequently



Disinfect surfaces and tovs



Avoid close contact with people showing cold-like symptoms

## For more information about RSV and the Together Against RSV campaign, visit www.togetheragainstrsv.com

#### References

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