

RSV INFECTIONS & HOSPITALIZATIONS ARE ON THE RISE, ACCORDING TO THE CDC.

Here's what to know:

Respiratory syncytial virus (RSV) is a common respiratory virus that usually causes mild, cold-like symptoms.



SYMPTOMS

People infected with RSV usually show symptoms 4 to 6 days after getting infected. Symptoms of RSV infection usually include

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing



CARE

Most RSV infections go away on their own in a week or two, and there is no specific treatment for RSV. *Call your healthcare professional if you are having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.*

Take steps to relieve symptoms

- Manage fever and pain with over-the-counter fever reducers. Never give aspirin to children.
- Drink enough fluids to prevent dehydration.
- Talk to your healthcare provider before giving your child nonprescription cold medicines.

Those at risk for RSV

- Infants, especially those 6 months and younger
- People with chronic lung disease or congenital (present from birth) heart disease
- People with weakened immune systems
- Children who have neuromuscular disorders, including those who have difficulty swallowing or clearing mucus
- Older adults, especially those 65 years and older

PREVENTION

- Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands
- Wash your hands often with soap and water for at least 20 seconds
- Avoid close contact with others, including kissing, shaking hands, and sharing cups/utensils
- Clean frequently touched surfaces, such as doorknobs

Source: [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#), [Division of Viral Diseases](#)



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities

www.cmdhd.org