

RSV: What You Need To Know



Respiratory syncytial (sin-SISH-uhl) virus, or **RSV**, is a **common respiratory virus that usually causes mild, cold-like symptoms**, but can be severe for some, including young children and older adults.

RSV can be dangerous for some infants and young children. Each year in the United States, an estimated 58,000 children younger than 5 years old are hospitalized due to RSV infection. Those at greatest risk for severe illness from RSV include:

- Premature infants
- Very young infants, especially those 6 months and younger
- Children younger than 2 years old with chronic lung disease or congenital (present from birth) heart disease
- Children with weakened immune systems
- Children who have neuromuscular disorders, including those who have difficulty swallowing or clearing mucus secretions

PROTECTING YOURSELF AND OTHERS FROM RSV

- Wash your hands often
- Keep your hands off your face
- Avoid close contact with sick people
- Cover your coughs and sneezes
- Clean and disinfect surfaces
- Stay home when you are sick

