A parent’s guide to RSV (respiratory syncytial virus)

How you can help protect your baby from severe RSV disease

WHAT IS RSV?

IS MY BABY AT HIGH RISK?

HOW CAN I HELP PROTECT MY BABY?
WHAT IS RSV?

What is RSV?

RSV, or respiratory syncytial (sin-SISH-uhl) virus, is a seasonal virus that is easily spread.

RSV can spread through
- Sneezing
- Coughing
- Touching

Is RSV serious?

RSV can have serious consequences for babies with certain health conditions (babies born prematurely or with certain heart and lung problems). In high-risk babies, RSV can cause severe disease, including pneumonia or bronchiolitis.

Most children get RSV by age 2—it typically appears like a baby has the common cold.

For more information about RSV and for other resources, visit RSVProtection.com
WHAT IS RSV?

What are common symptoms of RSV?

Look for these symptoms, particularly during your baby’s first months at home:

- Coughing or wheezing that does not stop
- Fast or troubled breathing or gasping for breath
- A fever, especially if it is greater than 100.4°F (rectal) in infants under 3 months of age
- A bluish color around the mouth or fingernails
- Flared nostrils and/or increased chest retractions when trying to breathe

Contact your healthcare provider right away if you notice RSV symptoms.

Babies under 1 year of age are hospitalized from RSV 16 TIMES MORE OFTEN THAN FROM THE FLU
Is there a time of year that my baby is more likely to get RSV?

Like the flu, RSV is a seasonal virus, so your baby is more likely to catch it at certain times of the year.

For most of the US, RSV season starts in the fall and lasts through the spring; however, it varies each year and by geographic region.

It’s important to protect your baby throughout the full RSV season—ask your healthcare provider when RSV season occurs where you live.

For more information about RSV and for other resources, visit RSVProtection.com
Why are some babies at high risk for RSV?

While all babies are at risk for getting RSV, high-risk babies face an increased risk of severe RSV disease.

These include:

**PREEMIES**
Newborns who are born prematurely (at 35 weeks or less) and are 6 months of age or younger at the start of RSV season.

**CHRONIC LUNG DISEASE (OR CLD)**
If your baby has CLD and is 24 months of age or younger at the beginning of RSV season, he or she may be at high risk for severe RSV disease.

**CONGENITAL HEART DISEASE (OR CHD)**
If your baby has CHD and is 24 months of age or younger at the beginning of RSV season, he or she may be at high risk for severe RSV disease.

Ask your baby’s healthcare provider if your baby is at high risk for severe RSV disease.
High-risk babies may not have enough antibodies to fight RSV disease.

What are antibodies and why are they important to high-risk infants?

Antibodies are made by the body to fight infections and are an important part of the immune system. **High-risk infants may not produce enough virus-fighting antibodies to provide protection from RSV.**

- During pregnancy, antibodies are passed from a mother to her baby.
  Premature infants receive fewer antibodies from the mother compared to full-term infants
- In the months after birth, the amount of these antibodies decreases
- With fewer antibodies to protect them, it’s harder for high-risk infants to fight RSV infections

Talk to your healthcare provider if you have any questions about RSV or your baby’s health
There are steps you can take to help protect your baby from RSV.

Take these extra steps to help protect your baby from RSV:

- Wash your hands before touching your baby and ask others to do the same.
- Don’t let anyone smoke in your home or near your baby.
- Wash your baby’s toys, clothes, and bedding often.
- Keep your baby away from crowds, young children, and people with colds.

Most importantly, remember that your baby’s biggest hero in the fight against RSV is YOU. Wash your hands, avoid crowds, and pay attention for signs of infection.

Contact your baby’s healthcare provider if you have any questions.
RSV IS A SEASONAL VIRUS, LIKE THE FLU, THAT IS EASILY SPREAD

IN HIGH-RISK BABIES RSV CAN BE SERIOUS

RSV IS A LEADING CAUSE OF HOSPITALIZATION IN THE US FOR CHILDREN <1 YEAR OF AGE

YOU CAN HELP PROTECT YOUR BABY FROM RSV!

Ask your baby's healthcare provider if your baby is at high risk for severe RSV disease.

You can download a helpful discussion guide by visiting RSVProtection.com. This guide can help you start the conversation about RSV with your healthcare provider and includes helpful information about RSV and how to help prevent it.

HELPFUL HINT: To get the most out of every appointment, remember to

- Fill out the discussion guide on RSVProtection.com
- Don’t be afraid to ask questions!
- Write down your questions
- Take notes and/or have someone with you to help listen

Learn more at RSVProtection.com