

RSV IN CHILDREN

WHAT IS RSV?

RSV is the shortened name for Respiratory Syncytial Virus. This is a viral infection that affects the lungs. This can be confirmed via a lab test.



SYMPTOMS

Irritability
Decreased appetite
Fatigue
Apnea
Fever
Runny nose
Cough
Headache



TRANSMISSION

RSV is spread by droplets. This spreads through coughs and sneezes, or contact with an infected person. It can also live on surfaces.

TREATMENT

RSV is a viral infection, so antibiotics will not be effective. Manage fever and pain with OTC medications, drink plenty of fluids, and speak with your primary care provider.

PREVENTION

- Cover coughs and sneezes
- Wash hands with soap and water for at least 20 seconds
- Clean frequently touched surfaces
- Promptly dispose of used tissues
- Do not kiss babies/young children
- Clean and disinfect toys



RSV IN CHILDCARE

RSV is the shortened name for Respiratory Syncytial Virus. This is a viral infection that affects the lungs. Most children are infected multiple times throughout childhood, and severe outcomes are a small percentage. However, severe outcomes are possible and are the most common cause of hospitalization in children.

Symptoms can be similar to a mild cold with low-grade or no fever, cough, watery eyes, runny nose, nasal stuffiness, and sneezing. However, the more severe form includes wheezing, as seen in bronchiolitis and lung congestion, as seen in pneumonia. Infants infected during the first few weeks of life may only show tiredness, irritability, and loss of appetite and may have episodes where they stop breathing for short time periods (apnea) with few other respiratory signs. RSV infection can be especially serious in infants who were born prematurely or those with heart, lung, or immune system problems. However, severe lower respiratory tract disease may occur at any age, especially in the elderly or those with heart, lung, or immune system problems. You can have more than one RSV infection during your lifetime.

PREVENTION/CONTROL

- Cover nose and mouth with tissue when coughing or sneezing or cough/sneeze into your sleeve.
- Dispose of used tissues.
- Wash hands thoroughly with soap and warm running water after contact with secretions from the nose or mouth.
- DO NOT share cups, glasses or eating utensils.
- Clean and disinfect commonly touched surfaces (door knobs, refrigerator handle, water faucets, cupboard handles) at least daily.
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled.
- Clean and sanitize all dishes and silverware after each use.
- Certain high-risk infants (e.g., premature babies) can be given a medication to prevent infection. Have the parents/guardians talk to their healthcare provider.

CONTAGIOUS PERIOD The virus is usually found in respiratory secretions for 3 to 8 days, although some infants can spread RSV for as long as 3 to 4 weeks.

EXCLUSION: Until fever is gone and the child is well enough to participate in routine activities.

