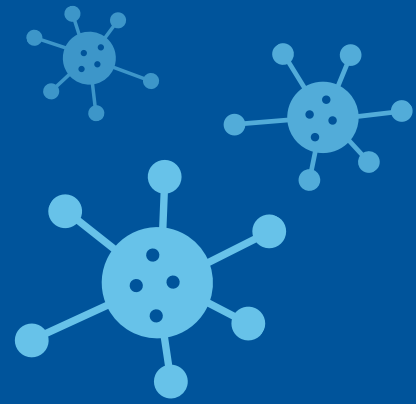


# Respiratory Syncytial Virus (RSV)



## What is RSV?

RSV is a common respiratory virus that often results in mild, cold-like symptoms, but can lead to serious illness. RSV infects the nose, throat, lungs, and breathing passages and is spread through contact with an infected person, or by touching contaminated surfaces and then touching your eyes, nose, or mouth. RSV typically circulates with other seasonal respiratory viruses, and it can be hard to tell the difference between RSV, COVID-19, and flu.

Nearly all children will have an RSV infection before their 2nd birthday but RSV can affect people of all ages. Most people infected are contagious for 3 to 8 days with mild symptoms, which may include:

- Coughing
- Sneezing
- Runny nose
- Fever

## Help prevent RSV

There are actions you can take to help prevent RSV:

- Wash your hands often—for at least 20 seconds using soap and water
- Clean frequently touched surfaces
- Avoid close contact with others who may be sick and stay home when you are sick
- Cover coughs and sneezes
- Talk with a healthcare professional about vaccines and monoclonal antibodies recommended for certain at-risk groups

## Certain groups are at a greater risk for RSV-related complications, including:

- Premature infants and infants age 6 months and younger
- Individuals with chronic heart or lung disease
- Older adults (65+)
- Individuals with compromised immune systems

