

Respiratory Syncytial Virus (RSV)

December 5, 2022



What is RSV?

Respiratory Syncytial Virus (RSV) is a respiratory virus that causes symptoms very similar to COVID-19 or influenza (e.g., fever, cough, shortness of breath, etc.). It can cause serious infections in children (especially young children) and seniors. RSV is one of the components of this season's 'triple-demic', and has been causing a very high number of pediatric emergency department visits and hospitalizations.

How is RSV Transmitted?

Much like covid and influenza, RSV primarily spreads through respiratory droplets. An example would be when an infected person coughs or sneezes near you. Direct contact with the virus can come from kissing the face of a child with RSV, or by touching a surface that has the virus on it, like a doorknob, and then touching your face before washing your hands.

How do I prevent RSV?

The same ways one avoids other respiratory viruses like influenza and COVID-19. This includes proper respiratory etiquette (e.g., not coughing on others), hand-washing, staying home while sick, and masking when appropriate. Also - avoiding crowded social gatherings or people who are sick can help prevent RSV and other conditions.






Did You Know?

RSV is the most common cause of bronchiolitis / pneumonia in children younger than 1 year of age.

Did You Know?

COVID-19, influenza, and RSV are driving a respiratory 'triple-demic' this season leading to significant hospitalizations, particularly in children

What can I do to treat RSV, stay safe & healthy?

-  Stay at home if you are feeling unwell! Avoid close contact with people who are also unwell.
-  Always washing your hands, especially after coughing or sneezing.
-  Wear a mask indoors, in large settings, around vulnerable people and if you are feeling sick.
-  Cover your mouth and nose when coughing or sneezing.
-  While there no vaccine for RSV, getting the vaccines such as flu, covid and routine other vaccines are still helpful to keep you as healthy as possible