

Protect Your Family From Respiratory Syncytial Virus (RSV)



What is RSV?

RSV is a respiratory infection that has symptoms similar to COVID-19 or the flu (runny nose, cough, sneezing, wheezing, fever, fatigue, or reduced appetite). Healthy adults and older children may have mild or no symptoms, but they can still pass the disease to others who are at higher risk for severe disease.



Protect Babies

RSV is the leading cause of hospitalizations in infants. Babies are at highest risk for RSV from October through March.

Doctors recommend one dose of the RSV vaccine between 32 and 36 weeks of pregnancy to protect the baby from RSV for the first 6 months of life. Side effects may include pain at the injection site, headache, muscle pain, or nausea.

Babies under eight months old can receive Nirsevimab at routine well visits during RSV season, preferably October or November. Nirsevimab is an antibody that recognizes and attacks the RSV virus before it causes an infection.

Babies born during RSV season should receive Nirsevimab at birth. Very rarely, side effects may include rash and irritation at the injection site.



Protect Older Adults

For older adults, people who have a compromised immune system, or have certain health conditions, like heart or lung disease, the risk for severe RSV infection may be higher.

For adults age 60 and older, talk to your doctor about the RSV vaccine. One dose is recommended, and it is safe to get other vaccines at the same visit. Side effects may include pain, redness, or swelling where the shot was given; fatigue; fever; headache; nausea; diarrhea; or muscle or joint pain.



Protect Your Community

If you are sick, you should:

- Stay home. If you must go out, wear a mask.
- Cover coughs and sneezes.
- Avoid touching your face.
- Avoid close contact with others.
- Clean frequently touched surfaces.
- Wash hands often with soap and water for 20 seconds.



Sources

1. National Foundation for Infectious Diseases-- <https://www.nfid.org/infectious-disease/rsv/>
2. Centers for Disease Control and Prevention-- <https://www.cdc.gov/vaccines/acip/recommendations.html>
3. American Academy of Pediatrics-- <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/How-is-the-Flu-Different-From-COVID-19.aspx>
4. Centers for Disease Control and Prevention-- <https://www.cdc.gov/vaccines/hcp/acip-recs/vacc-specific/rsv.html>