



## RSV (Respiratory Syncytial Virus)

Your child may have been exposed to this disease on \_\_\_\_\_.  
Date(s)

Please check your child for symptoms through \_\_\_\_\_.  
Date

*If your child has symptoms, please contact your child's healthcare provider.*

### **If my child has this disease, when can he or she return to school or child care?**

A child with RSV can return after it has been 8 days since symptoms started. Children with a weakened immune system may transmit disease for as long as 4 weeks and need a doctor or health care provider's note to return to school or child care.

**RSV is a common virus that infects the lungs and causes symptoms similar to the common cold.**

Most people recover in 1 to 2 weeks, but it can be a serious illness for infants and older adults.

Symptoms are:

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing

Symptoms usually start 4 to 6 days after a person is exposed. These symptoms usually appear in stages and not all at the same time. Young infants may not have these symptoms, and instead may be irritable, have decreased activity, and have difficulty breathing or may stop breathing.

### **What can I do now?**

**Watch your child for symptoms of RSV.** Most people recover within a week or two on their own. If your child is sick, it is important that they drink plenty of fluids to prevent dehydration.

**If your child gets sick, prevent others from getting ill by:**

- Washing your hands with soap and water often
- Telling a sick person to sneeze and cough into the arm or shoulder, not the hand
- Avoiding close contact with the sick person
- Instructing other people in the home to avoid touching their face without washing their hands first.
- Do not share drinking glasses.
- Wash toys regularly.

In the U.S., RSV is the most common cause of pneumonia (infection of the lungs) in children younger than 1 year old.

### **How is RSV spread?**

- Coughing and sneezing
- Touching a surface or item that has the virus on it, such as clothing or a doorknob, and then touching your face
- Close contact with a person who is sick

A person can spread this disease for 3 to 8 days while they are sick. However, some infants and people with immune system problems that make it hard to fight infections may still spread the illness for a few weeks after they no longer have symptoms.