



RSV (Respiratory Syncytial Virus)

Your child may have been exposed to this illness on _____.
Date(s)

Please watch your child for symptoms through _____.
Date

If my child has this disease, when can they return to school or child care? A child with RSV can return when the child has been fever free for 24 hours (without fever reducing medication), symptoms are mild and improving, and the child is well enough to participate in routine activities. Children can have a cough for up to three weeks with RSV but should not be excluded due to cough, and a health care provider's note should not be required to return to school or care. Your school or child care provider may require a longer isolation period (a health care provider's note will not allow a child to return before your facility's exclusion policy allows).

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

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

If a person gets sick, it usually happens 4 to 6 days after being in contact with a sick person. Symptoms usually appear in stages and not all at the same time.

Young infants may be irritable, have decreased activity, or have difficulty breathing. In the U.S., RSV is the most common cause of pneumonia (infection of the lungs) in children younger than 1 year old.

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

What can I do now?

Watch your child for symptoms. 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:

- Keep your child at home until it has been 24 hours since their fever has subsided.
- Wash your hands frequently, especially before touching your face, nose, or mouth.
- Tell a sick person to sneeze and cough into the arm or shoulder, not the hand.
- Do not share drinking glasses or eating utensils.
- Increase cleaning of commonly touched surfaces and items, such as doorknobs, cell phones, and toys using a child safe cleaning product. A list of safe cleaning products can be found at <https://www.epa.gov/pesticide-labels/dfe-certified-disinfectants>.