

## RESPIRATORY SYNCYTIAL VIRUS (VRS)

RSV is an infection that can be very serious for some adults and children

### What is RSV?

RSV stands for Respiratory Syncytial Virus.

It is a common cause of colds, pneumonia, and certain lung infections.



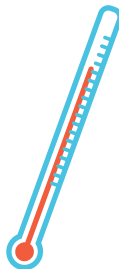
RSV infections are most common from November to April. **People most at risk include:**

- Children under the age of 2 with a chronic heart problem or lung condition
- Children who get sick easily
- Babies who are born too early; if your baby is born before 35 weeks, ask your child's doctor about ways to protect from RSV
- Adults with health problems
- Adults over age 65

### What are the symptoms of RSV?

The first signs of RSV are often:

- A runny nose
- Fever
- Coughing and sneezing
- Fussy
- Hard time breathing
- Decreased activity or appetite



### How is RSV spread?

RSV is spread very easily. You can get it:

- By kissing or holding hands with a person who has it
- By touching doorknobs, telephones, faucets, or other things a person with RSV has touched
- From the air when someone with RSV has coughed or sneezed

### What can you do?

There is no vaccine for RSV, but talk to your doctor about a series of shots that make lung infections less severe for at-risk children.



There are things you can do to help protect all children and adults. **Put a check by the steps you will take:**

- Wash your hands often, especially before picking up your young child or baby
- Teach your family to cough and sneeze into their elbow or sleeve, instead of their hands
- Avoid contact with people who are sick
- Do not share bottles, cups, and other eating utensils
- Clean commonly touched surfaces in your home

Helpful Phone Numbers for Dell Children's Health Plan Members Only  
Member Services or 24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

- Wash or disinfect toys often
- Avoid exposure to tobacco smoke



To learn more, talk to your doctor or go online to [www.cdc.gov/rsv](http://www.cdc.gov/rsv). You may also call 24-hour Nurse HelpLine toll free at 1-888-596-0268 (TTY 711).

