

# HealthTips

Make Health Happen

## Respiratory syncytial virus (RSV)

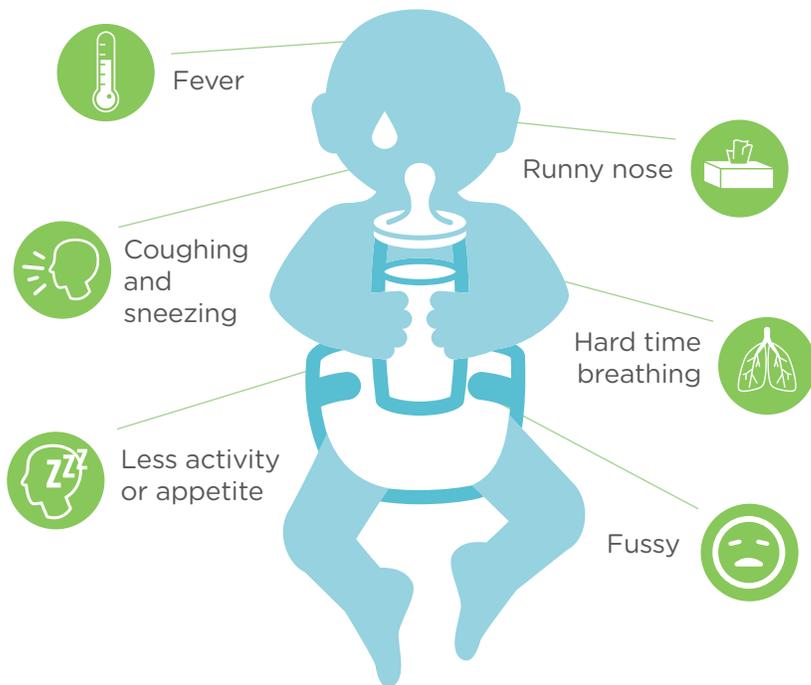
### Respiratory syncytial virus (RSV)

An infection that can be very serious for some children and adults.

#### What is RSV?

RSV stands for respiratory syncytial virus. It's a common cause of colds, pneumonia, and some lung infections.

### RSV symptoms



#### How is RSV spread?

- 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



#### People most at risk

- Children under the age of 2 years old with a chronic heart problem or lung condition
- Children who get sick easily
- Babies who are born too early (before 35 weeks)
- Adults with health problems
- Adults over age 65



  
**dell children's**  
HEALTH PLAN

Helpful phone numbers for Dell Children's Health Plan members only  
Member Services or 24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)  
Monday through Friday 7 a.m. to 6 p.m. Central time

[DellChildrensHealthPlan.com/members](http://DellChildrensHealthPlan.com/members)

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## What can you do?

There is no vaccine for RSV. If your child is at risk, talk to their doctor about a series of shots that can help with lung infections. To help protect all children and adults:



- 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.
- Wash or disinfect toys often.
- Avoid tobacco smoke.

RSV infections are most common from

November

April



## Worried about RSV? To learn more:



Talk to your doctor.



Visit [www.cdc.gov/rsv](http://www.cdc.gov/rsv).



Call us at Member Services at 1-888-596-0268 (TTY 711).

Source: Centers for Disease Control and Prevention website: *Respiratory Syncytial Virus Infection (RSV)* (March 2013): [cdc.gov/rsv](http://cdc.gov/rsv). (Accessed May 15, 2018.)