

# RSV

RESPIRATORY SYNCYTIAL VIRUS INFECTION (RSV)- A COMMON RESPIRATORY VIRUS THAT USUALLY CAUSES MILD, COLD LIKE SYMPTOMS.

# RSV-SYMPTOMS

People infected with RSV usually show symptoms within 4 to 6 days after getting infected.

Symptoms usually include:

Runny nose	Decrease in appetite	Coughing	Sneezing	Fever	wheezing
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- THESE SYMPTOMS USUALLY APPEAR IN STATES AND NOT ALL AT ONCE. IN VERY YOUNG INFANTS WITH RSV, THE ONLY SYMPTOMS MAY BE IRRITABILITY, DECREASED ACTIVITY AND BREATHING DIFFICULTIES.
- ALMOST ALL CHILDREN WILL HAVE HAD RSV INFECTION BY THEIR SECOND BIRTHDAY

# RSV AND DIFFICULTY BREATHING

- PLEASE CALL 911 OR GO DIRECTLY TO THE ER IF YOUR CHILD HAS TROUBLE BREATHING
  - RETRACTIONS
  - NASAL FLARING
  - TRACHEAL TUGGING
- GO TO URGENT CARE OR ER FOR SIGNS OF DEHYDRATION
  - NO URINATION IN THE LAST 6-8 HOURS
  - NO TEAR PRODUCTION



# IMPORTANT

## Labored Breathing Symptoms



Tachypnea



Stridor



Intercostal retractions



Nasal flaring



Grunting

verywell

# SIGNS OF RESPIRATORY DISTRESS



## RSV-HOW DO TREAT?

- MOST RSV INFECTIONS GO AWAY ON THEIR OWN IN A WEEK OR TWO
- THERE IS NO SPECIFIC TREATMENT FOR RSV INFECTION.



### Tylenol Dosage Chart

<b>CHILD'S WEIGHT CHILD'S AGE</b>	<b>CHILDRENS/INFANT S SUSPENSION LIQUID</b>  160 mg/5 mL	<b>CHILDRENS MELTAWAYS</b>  80 mg each	<b>JUNIOR MELTAWAYS</b>  160 mg each
6-11 lbs. 0-3 months	1.25 mL	<b>CONSULT YOUR CHILD'S DOCTOR</b>	
12-17 lbs. 4-11 months	2.5 mL		
18-23 lbs. 12-23 months	3.75 mL		
24-35 lbs. 2-3 years	1 TSP or 5 mL	2 TABLETS	NOT RECOMMENDED
36-47 lbs. 4-5 years	1 ½ TSP or 7.5 mL	3 TABLETS	NOT RECOMMENDED
48-59 lbs. 6-8 years	2 TSP or 10 mL	4 TABLETS	2 TABLETS
60-71 lbs. 9-10 years	2 ½ TSP or 12.5 mL	5 TABLETS	2 ½ TABLETS
72-95 lbs. 11 years	3 TSP or 15 mL	6 TABLETS	3 TABLETS
96+ lbs. 12 years	NOT RECOMMENDED	NOT RECOMMENDED	4 TABLETS

### Ibuprofen Dosage Chart

Take every 6-8 hours as needed		Infant's Drops 50 mg/1.25 mL	Children's Liquid 100 mg/tsp	Chewable Tablets 50 mg	Junior Chewable 100 mg/tab	Junior Caplets 100 mg	Advil 200 mg
Dose by Weight	Age	Dropper	Teaspoon	Tablet	Tablet	Caplet	Caplet
Under 6 months		Consult Your Child's Doctor					
12-17 lbs.	6-11 months	1 (1.25 mL)					
18-23 lbs.	12-23 months	1 ½ (1.875 mL)					
24-35 lbs.	2-3 years	2 (2.5 mL)	1 tsp.	2 tablets	1 tablet		
36-47 lbs.	4-5 years		1 ½ tsp.	3 tablets	1 ½ tablets	1 ½ caplets	
48-59 lbs.	6-8 years		2 tsp.	4 tablets	2 tablets	2 caplets	1 caplet
60-71 lbs.	9-10 years		2 ½ tsp.	5 tablets	2 ½ tablets	2 ½ caplets	1 caplet
72-95 lbs.	11 years		3 tsp.	6 tablets	3 tablets	3 caplets	1 caplet
96-119 lbs.	12 years				4 tablets	4 caplets	2 caplets
121-150 lbs.							3 caplets

# RSV PREVENTION

## Cover

- Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands

## Wash

- Wash your hands often with soap and water for at least 20 seconds

## Avoid

- Avoid close contact, such as kissing, shaking hands, and sharing cups and eating utensils, with others

## Clean

- Clean frequently touched surfaces such as doorknobs and mobile devices

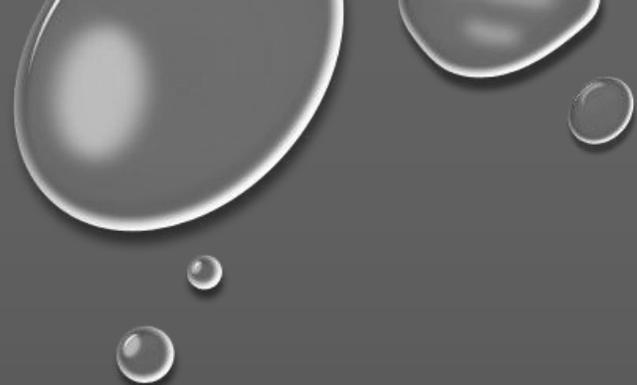


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# CHILDREN AT HIGH RISK FOR SEVERE RSV

- PREMATURE INFANTS
- CHILDREN YOUNGER THAN THE AGE OF 2 WITH CHRONIC LUNG OR HEART CONDITIONS
- CHILDREN WITH WEAKENED IMMUNE SYSTEMS



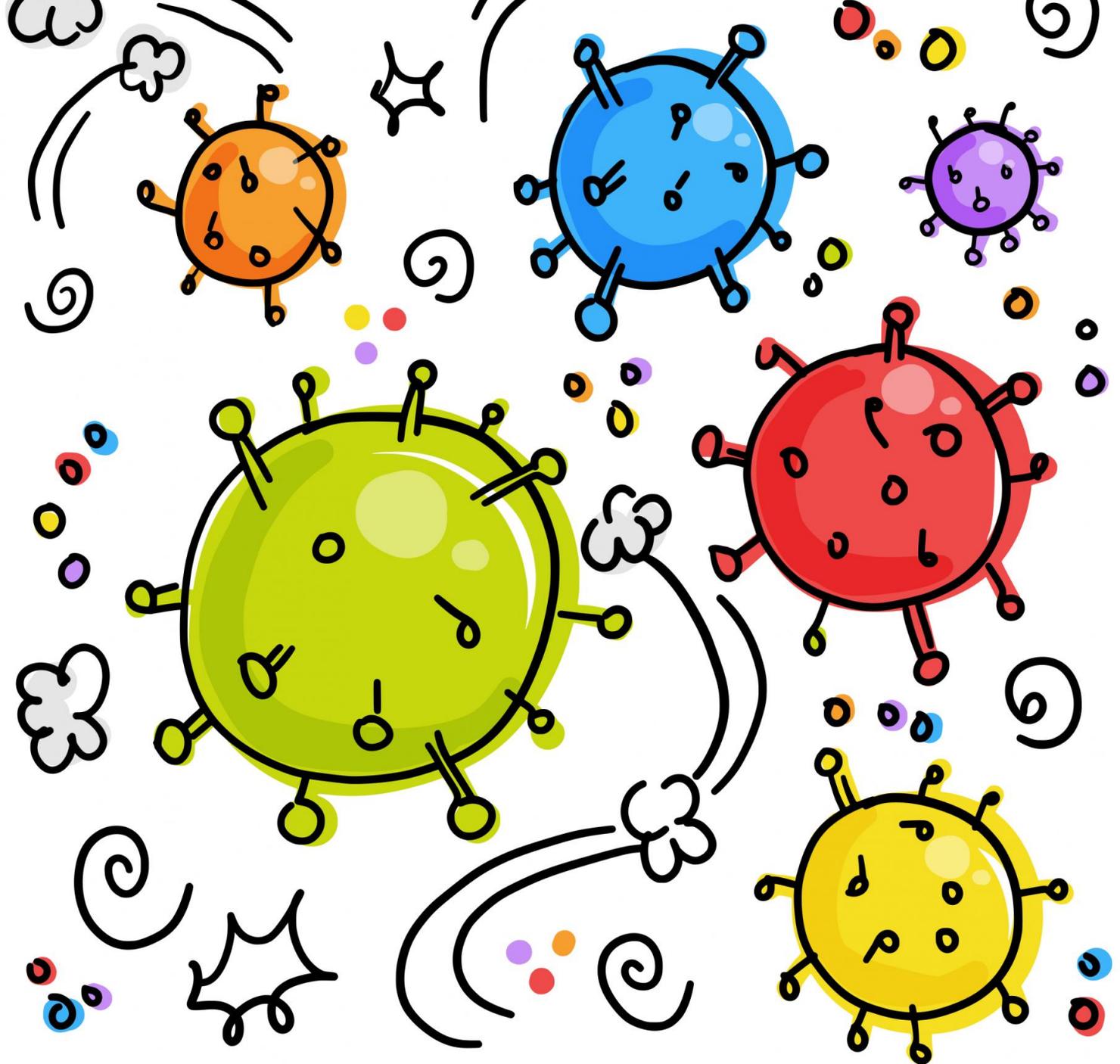


# WHAT TO DO TO IF YOUR CHILD IS AT HIGH RISK FOR SEVERE RSV

- AVOID CLOSE CONTACT WITH SICK PEOPLE
- WASH THEIR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS
- AVOID TOUCHING THEIR FACE WITH UNWASHED HANDS
- LIMIT THE TIME THEY SPEND IN CHILD-CARE CENTERS OR OTHER POTENTIALLY CONTAGIOUS SETTINGS, ESPECIALLY DURING FALL, WINTER, AND SPRING. THIS MAY HELP PREVENT INFECTION AND SPREAD OF THE VIRUS DURING RSV SEASON

# RSV TRANSMISSION

- AN INFECTED PERSON COUGHS OR SNEEZES
- YOU GET VIRUS DROPLETS FROM A COUGH OR SNEEZE IN YOUR EYES, NOSE, OR MOUTH
- YOU TOUCH A SURFACE THAT HAS THE VIRUS ON IT, LIKE A DOORKNOB, AND THEN TOUCH YOUR FACE BEFORE WASHING YOUR HANDS
- YOU HAVE DIRECT CONTACT WITH THE VIRUS, LIKE KISSING THE FACE OF A CHILD WITH RSV



# CONTAGIOUSNESS

- USUALLY CONTAGIOUS FOR 3 TO 8 DAYS
- SOME INFANTS, AND SOME PEOPLE WITH WEAKENED IMMUNE SYSTEMS, CAN CONTINUE TO SPREAD THE VIRUS EVEN AFTER THEY STOP SHOWING SYMPTOMS, FOR AS LONG AS 4 WEEKS
- RSV CAN SURVIVE FOR MANY HOURS ON HARD SURFACES SUCH AS TABLES AND CRIB RAILS. IT TYPICALLY LIVES ON SOFT SURFACES SUCH AS TISSUES AND HANDS FOR SHORTER AMOUNTS OF TIME.



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# PROTECT YOUR CHILD from RSV



**Avoid close contact with sick people**



**Wash your hands often**



**Cover your coughs  
& sneezes**



**Avoid touching your face  
with unwashed hands**



**Clean & disinfect surfaces**



**Stay home when you're sick**



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

# FOR FURTHER QUESTIONS

- CONTACT OUR OFFICE AT 508-832-9691
- ALL RSV INFORMATION RECEIVED FROM THE CDC

[RSV \(RESPIRATORY SYNCYTIAL VIRUS\) | CDC](#)

