

# RSV FACT SHEET



## ABOUT

Respiratory Syncytial Virus (RSV) is a common virus which is very contagious and infects both children and adults.

Children under 12 months of age are the most likely to develop serious illness

RSV affects the lungs and breathing passages.

## SIGNS & SYMPTOMS

RSV starts off with mild cold-like symptoms: slight fever, sore throat, headache, a runny and stuffy nose. Most people recover from the infection within 10 days.



In young children, bronchiolitis and pneumonia often follow. Symptoms of bronchiolitis and pneumonia may include coughing, wheezing, difficulty breathing, problems eating or drinking.



If you experience these symptoms, contact your GP or HCP.

## HOW IT SPREADS

People with RSV are generally contagious for 3–8 days. An infected person can pass the virus onto others by laughing, sneezing, coughing, talking, or touching a surface. A susceptible person can pick up the virus through the eyes, nose, or mouth.

## PREVENTION & TREATMENT

### PREVENTION

- Washing your hands with soap and water for at least 20 seconds, and drying your hands properly.
- Keeping infected people away from others, especially babies and older people.
- Not sharing drinks, or cutlery with people who have colds.
- Covering your nose and mouth when sneezing or coughing.
- Throwing out tissues as soon as you've used them.

### TREATMENT

Most cases of RSV are mild and can be treated at home with rest and hydration.

Paracetamol or ibuprofen may be given for fever or pain. Antibiotics are not helpful for RSV as it is a virus rather than a bacteria.

For further information on available RSV-specific preventative treatment options, contact your GP or HCP.