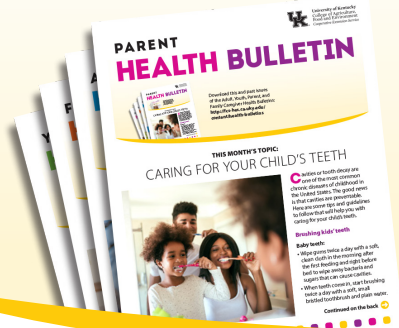




PARENT HEALTH BULLETIN



JANUARY 2023

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THIS MONTH'S TOPIC:

WHAT TO KNOW ABOUT RSV

RSV, which stands for respiratory syncytial (sin-SISH-ul) virus, is a major cause of respiratory illness in children. The virus usually looks like a common cold. But sometimes, it infects the lungs and breathing passages and can cause dangerous breathing problems in infants and young children. RSV is very common. In fact, most people catch the RSV virus at least once by the time they are 2 years old. Many children recover without getting seriously ill, but for babies, young children, and people who have other health complications, getting RSV can make them very sick.

In the past few years, with parents keeping many babies and children home, more social distancing and masking in public places, and fewer social gatherings, many small children have not been exposed to the RSV virus. Scientists and doctors believe that has led to the large numbers of serious RSV illnesses this year.

Continued on the next page →



If you suspect your child has RSV and symptoms worsen or do not get better after a few days, seek medical care.



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RSV is highly contagious. It spreads through droplets containing the virus when someone coughs or sneezes. RSV can spread quickly through schools and child care centers. Babies often get it when older kids carry the virus home from school and pass it to them.

Signs and symptoms of RSV infection can include:

- a stuffy or runny nose,
- sore throat,
- mild headache,
- cough,
- fever,
- not eating or drinking well, and
- a general ill feeling.

RSV is a virus. There is no cure, and there are no medications to treat the virus itself. However, if your child's symptoms become serious or do not get better after a few days, they should see a doctor. Call your child's medical provider if your child:

- has a high fever, or a low-grade fever that doesn't go away,
- is wheezing,

- has labored or rapid breathing, or
- shows signs of dehydration, such as fewer wet diapers than usual or lethargy.
- Get medical help right away if your child:
- is struggling to catch their breath,
- cannot stay awake, or
- has skin, lips, or fingernails that look blue.

If you suspect your child has RSV, try to keep them away from others, especially babies and small children. Encourage everyone in the household to use good hygiene by washing hands often, not sharing food or drinks, cleaning frequently touched surfaces, covering coughs and sneezes, and seeking medical care if symptoms worsen or do not get better after a few days.

REFERENCE:

<https://kidshealth.org/en/parents/rsv.html>

ADULT
HEALTH BULLETIN

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