

# YOUTH

# HEALTH BULLETIN



**JANUARY 2023**

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## THIS MONTH'S TOPIC:

# RSV: MORE THAN JUST A COLD

RSV is a virus that can be just like a common cold for older kids but can be dangerous for babies and small children. You've probably had RSV sometime in your life. Most people catch it at least once by the time they are 2 years old. Many children get better and don't get very sick. But babies, young children, and people who have other health complications can get very sick with RSV.

Kids in school catch and pass germs like viruses often. That's because they share spaces like classrooms, bathrooms, and school buses. These germs don't usually make you very sick, but you could pass them to a younger sibling or other small child.

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# Cover your nose and mouth if you sneeze. You should use a tissue and throw it away after.

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If you have RSV, you might feel bad and have these symptoms:

- Fever
- Cough and/or wheezing
- Stuffy nose
- Runny nose
- Sneezing
- Headache

If you feel bad like this, tell your parent or other adult. Try not to spread your germs to others. Here are some ways you can stop the spread of germs:

- **Stay away:** Do not get close to babies or small children. Do not play with their toys or use their blankets.
- **Wash your hands:** After using the bathroom, every time you sneeze or wipe your nose, and before touching food, scrub your hands with warm water and soap for at least 20 seconds.
- **Do not share:** Keep food, drinks, or anything that touches your mouth or nose to yourself.



- **Cover your nose and mouth if you sneeze:** You should use a tissue and throw it away after.
- **Cough into your elbow:** Don't use your hands to catch germs. Using your elbow will not send them into the air.
- **Stay home from school:** If you have a fever higher than 100.4, stay home.
- **Go to the doctor:** If you feel worse or stay sick for more than two days, see a doctor.

We all get sick from time to time. But you can make good choices to help slow the spread of dangerous germs to babies and small children. As they get older, just like you, their bodies will get stronger. Then they will be able to fight off viruses like RSV.

#### REFERENCE:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/RSV-When-Its-More-Than-Just-a-Cold.aspx>

## ADULT HEALTH BULLETIN

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