

**If any questions please contact
your Health Provider or Infection
Control staff at one of the
following numbers:**

**Long Term Care and
Regional Health Centres
(709) 535-0921**

**James Paton Memorial Regional
Health Centre
(709) 256-5603**

**Central Newfoundland Regional
Health Centre
(709) 292-2383**



**Central
Health**

Respiratory Syncytial Virus (RSV)

Information for Patients
and Families



WHAT YOU SHOULD KNOW...



WHAT IS RSV?

Respiratory syncytial virus, (RSV is a virus that infects the lungs and airway. Most people recover from RSV infection in 1 to 2 weeks. However, infection can be severe in some people, such as certain infants, young children, and older adults. RSV is more often being seen as an important cause of respiratory illness in older adults. Anyone can get RSV but infection is most common in children less than two years of age. It is the number one cause of pneumonia and lower respiratory infections in children under the age of 1 and an important cause of illness as well as death in older adults.

HOW IS IT SPREAD?

RSV can be spread by droplets, when an infected person coughs or sneezes, or by touching a surface that an infected person has coughed or sneezed on. RSV can live on surfaces for many hours and can live for 30 minutes or more on hands. An infected person may be able to spread infection for up to 8 days after they become sick.

WHAT ARE THE SYMPTOMS?

- Cough
- Runny nose
- Fever
- Loss of appetite
- Body aches
- Feeling tired

Symptoms usually occur within 4-6 days of infection

HOW TO PREVENT RSV

Good hygiene habits prevent and reduce the spread of RSV such as:

- Covering your mouth and nose with a tissue when sneezing or coughing
- Disposing of tissues properly
- Washing hands often
- Using alcohol-based hand sanitizers if hands are not visibly soiled
- Staying home from work, school, church, or other daily activities outside of the home when sick with a fever and cough
- Avoiding crowded areas or events like shopping malls or sports arenas
- Not visiting hospitals, nursing homes, or other long-term care facilities

