

Get to Know



ARIZONA ADVISORY
COUNCIL ON INDIAN
HEALTH CARE

How Can You Prevent Respiratory Syncytial Virus (RSV)?

RSV can spread when:

- An infected person coughs or sneezes.
- When droplets from coughs or sneezes enter your eyes, nose or mouth.
- You have direct contact with an infected person, such as kissing a child or person who is infected.

How long RSV survives:

- RSV can live on **high touchpoint, hard surfaces** such as countertops, doorknobs, light switches, toilet handles, and pens **for hours**.
- RSV can live **on your hands for 30 minutes**.
- People are contagious with RSV for **3-8 days after the illness begins**, and a day or two before signs of illness show (incubation period); however, some infants and people with weakened immune systems may be contagious even after they stop showing symptoms, for as long as 4 weeks.

Disinfecting Surfaces:

- High-touchpoint surfaces and surfaces that a person with cold symptoms was near (e.g. someone coughed above it, blew their nose and then touched the surface, etc.), can potentially have RSV on them. They should be disinfected.
- Wear gloves when cleaning. Do not touch your face with the gloves.
- **Disinfect in a two step process:**
 - (1) Use detergent and water, or bleach wipes, to do an initial cleaning of the surface.
 - (2) Next, clean it again using a **one-to-ten (1-to-10) ratio of regular bleach (5.25%) and water**. The surface should remain wet for **10 minutes** before rinsing it thoroughly off with water. This allows the chemicals time to penetrate the outer part of the virus to kill it.

What is a 1-to-10 ratio?

- Mix one (1) cup of bleach to nine (9) cups of water.
- **IMPORTANT:** Do **NOT** mix bleach with any other chemical. This can result in dangerous fumes. Only mix with water. Only use bleach in well-ventilated areas.

References

<https://www.cdc.gov/rsv/index.html>
and

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3461981/>



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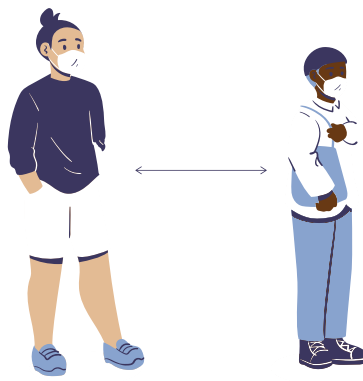
WASH YOUR HANDS OFTEN



AVOID TOUCHING YOUR FACE WITH UNWASHED HANDS



AVOID CLOSE CONTACT WITH SICK PEOPLE

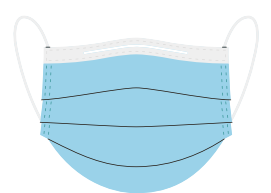


COVER YOUR COUGHS AND SNEEZES, AND WEAR A MASK WHEN POSSIBLE

NOTE: When coughing, cough into a tissue, looking away from other people. Throw the tissue away immediately.

If you do not have a tissue, cough into your elbow or shoulder, facing away from other people. Do **NOT** cough into your fist or hands.

Coughing into your fist or hand does not cover your cough, does not prevent germs from becoming aerosolized (launched into the air), and contributes to spread of disease when a person inevitably touches other things with their now germ-covered hands.



DISINFECT COMMON AREAS



References

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