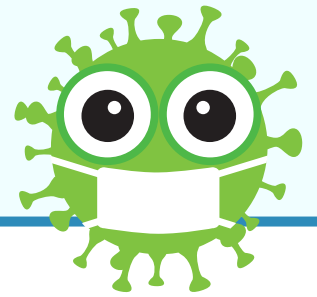


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RSV – Respiratory Syncytial Virus



WHAT IS RSV?

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults. Each year in the United States between 100–500 children and around 14,000 adults 65 years of age and older die of RSV.

RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lungs of infants and children) and pneumonia (infection that inflames the air sacs in one or both lungs, often leading to the air sacs filling with pus and mucus) in children younger than 1 year of age in the United States.

Every year in the United States there are approximately 2.1 million outpatient doctor visits for RSV in patients below the age of 5.

RSV Facts:

- RSV is a viral infection that affects the respiratory system, causing symptoms such as coughing, sneezing and difficulty breathing.
- RSV is **HIGHLY** contagious and is spread through respiratory secretions, such as saliva or mucus when an infected person coughs or sneezes.
- RSV is a common cause of respiratory illness in children and can lead to more severe complications in certain populations, such as premature infants, older adults, and individuals with compromised immune systems.
- There is no specific treatment for RSV, and most people recover from the infection on their own within a few weeks.
- Severe cases **may require hospitalization** and supportive care, such as oxygen therapy. Each year there are 58,000–80,000 hospitalizations amongst children under 5 years of age, and 60,000–120,000 hospitalizations amongst older adults, 65 years of age or older, due to RSV.
- There is **NO** vaccine for RSV.

Infants can be severely affected by RSV. **Signs and symptoms to watch for, that indicate severe infection in an infant, include:**

- Short, shallow and rapid breathing
- Struggling to breathe – chest muscles and skin pull inward with each breath
- Cough
- Poor feeding
- Unusual tiredness (lethargy)
- Irritability

References

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

<https://ndc.services.cdc.gov/case-definitions/respiratory-syncytial-virus-associated-mortality-2019/>



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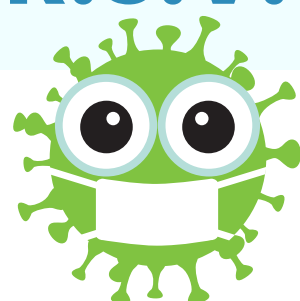
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Difference in Symptoms between the Common Cold, the Flu, COVID-19, and R.S.V.

Which Illness Do You Have?



• RARELY •• SOMETIMES ••• OFTEN

Symptoms	Cold	Flu	Covid-19	R.S.V.
Cough	•••	•••	•••	•••
Difficulty breathing	•	•	•••	••
Fatigue	••	•••	•••	•
Fever	•	•••	••	••
Headaches	••	•••	•••	••
Muscle pain or body aches	••	•••	••	•
New loss of taste or smell*	•	•	••	•
Runny or stuffy nose	•••	••	••	•••
Sneezing	•••	••	••	••
Sore throat	•••	••	•••	•
Vomiting or diarrhea	•	••	••	•
Wheezing	•	•	•	•••

* A stuffy nose may temporarily decrease the ability to taste or smell but it does not cause a sudden, complete loss of these senses. Source: Centers for Disease Control and Prevention



Contagious Time Frames

- **Common Cold:** A few days before symptoms appear and for up to 2 weeks after symptoms appear. Contagious until all symptoms are gone.
- **COVID-19:** See CDC guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>
- **Flu:** Most contagious 3-4 days after illness begins. However, infants and people with weakened immune systems may be contagious for longer than seven days.
- **RSV:** Most contagious 3-8 days after illness begins, and a day or two before signs of illness show. Some infants and people with weakened immune systems may be contagious even after they stop showing symptoms, for as long as 4 weeks.

References

<https://www.nytimes.com/2022/12/13/well/covid-flu-rsv-symptoms.html>
and
[CDC](https://www.cdc.gov/)



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