

WHAT YOU NEED TO REMEMBER

RSV is highly contagious. Following the guidelines in this pamphlet may help reduce the risk of RSV transmission to others.

RSV is a virus, antibiotics have no effect on viruses. Treatment is mainly to relieve the symptoms of the virus.

If you are worried about your child's condition please speak to your health care provider.

**IT'S OK TO ASK NURSES,
DOCTORS AND OTHER HEALTH
CARE PROVIDERS IF THEY HAVE
CLEANED THEIR HANDS**

**ASK VISITORS IF THEY HAVE
WASHED THEIR HANDS**



HAND HYGIENE

Special care must be paid to **hand hygiene** as it is the best way to prevent the spread of germs. **Good hand hygiene includes:**

Alcohol-Based Hand Rub

- Apply to palm of one hand
- Rub hands together, covering all of hands and fingers
- Rub until hands feel dry
- If hands are visibly dirty you must wash them before using Alcohol Based Hand Rub

Hand Washing

- Use warm running water and soap
- Spend at least **15-30** seconds lathering and washing hands
- Rub hands together, paying attention to finger tips, around rings and thumbs
- Rinse thoroughly
- Dry with paper towel and turn off tap with paper towel
- Dispose of paper towel in garbage.

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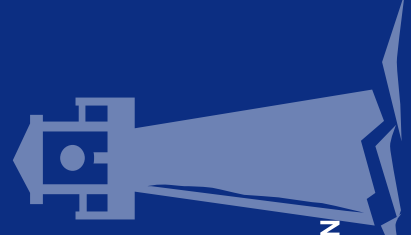
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Respiratory Syncytial Virus (RSV)

A Guide for Parents



Information for Patients,
Residents, Families & Visitors



INFECTION PREVENTION
& CONTROL PROGRAM
www.easternhealth.ca

WHAT IS RESPIRATORY SYNCYTIAL VIRUS(RSV) ?

RSV is a very common virus affecting most children by the age of 2 years. Antibiotics have no effect on viruses.

DO ALL PEOPLE WITH RSV BECOME SICK?

RSV can cause symptoms similar to a common cold, however some babies and children can develop pneumonia or bronchiolitis. Adults infected can pass this virus on to children.

CERTAIN PEOPLE ARE AT RISK OF SEVERE ILLNESS FROM RSV

- Babies born before 32 weeks and who are less than 6 months old at the start of the RSV season.
- Infants with chronic lung disease and congenital heart disease are also at risk for more serious RSV infections.
- Babies living in remote areas born less than 36 weeks or less than 6 months of age at the start of RSV season.
- Children and adults with weakened immune systems and those older than 65 are also at risk for severe disease .

WHEN DOES RSV OCCUR?

In NL RSV tends to occur mostly between December and April each year.

HOW IS RSV SPREAD?

RSV is spread easily by coughing and sneezing. RSV can live for 30 minutes or more on unwashed hands and several hours on surfaces.

HOW CAN WE STOP THE SPREAD ?

- Droplet and contact precautions will be taken while you are in hospital.
- A sign will be posted on your child's door
- They will be required to stay in their room
- If your child must leave the room for tests they will be required to wear a mask
- All staff and visitors must clean their hands when they enter and leave your room
- Staff and visitors will wear mask, gown and gloves
- Items brought into your room must stay in the room. RSV can live on objects in the room so it is important to clean items before they are taken out of the room
- Always remove gowns, masks, and gloves before leaving the room. Gloves are not a substitute for hand hygiene. Always clean your hands after removing gloves.

WHAT ARE THE SYMPTOMS OF RSV?

The symptoms can be like a cold at first:

- Fever
- Runny nose
- Other cold like symptoms

These symptoms may get worse and may include:

- Wheezing (whistle sound)
- Rapid breathing
- Decreased feeding and hydration
- Decreased activity

WHAT CAN BE DONE TO PREVENT RSV?

Hand hygiene is the most effective way to prevent infection.

- Everyone should clean their hands before touching the baby/child.
- Keep people with cold symptoms away from the baby/child.
- Keep babies away from crowded places during RSV season *i.e. shopping mall*
- Do not smoke around babies and children
- Breastfeeding is recommended to support your babies immune system.

IF MY BABY HAS ALREADY HAD RSV CAN THEY BE INFECTED AGAIN?

Yes, unfortunately being infected once does not protect your baby from becoming infected again.