

# RSV

Respiratory Syncytial Virus



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**



## RSV Significant & Early Rise in Missouri

Common and very contagious, spreading through **close contact (coughing, kissing, sneezing) and contaminated surfaces.**

**Infants and older adults are at highest risk** for severe disease and hospitalization.

Although some are in development, there are **no specific treatments or vaccines.**

If you suspect you or your child has a virus, most experts recommend **ruling out COVID-19 and influenza first with a test.** Testing can help determine if RSV is the cause for your child's symptoms, but it may not change the treatment strategy recommended by a doctor. The best place to get tested is at a doctor's office or urgent care.

## What does RSV FEEL LIKE?

Most experience mild, cold-like symptoms; however, RSV can cause bronchitis or pneumonia.



**DRY  
COUGH**



**FEVER  
AND CHILLS**



**DIFFICULTY  
BREATHING**



**CONGESTION,  
RUNNY NOSE  
OR SNEEZING**



**LOSS OF  
APPETITE**



**TIREDDNESS  
OR LETHARGY**



**SORE  
THROAT**



### Call your doctor

Watch carefully for extreme loss of appetite, lips or fingernails turning blue, unresponsiveness, dehydration, persistent fever of 102-103° for children or 101° for infants younger than 3 months old. Severe symptoms may need to be treated at the hospital. Please **avoid emergency departments** unless your child is experiencing an emergency.

## How can I PROTECT MY CHILD and my community?

**1**

### Avoid close contact

Close contact, like kissing and sharing utensils, can cause RSV transmission

**2**

### Wash hands and surfaces

RSV can live on surfaces, so it is important to wash hands for 20 seconds and disinfect regularly

**3**

### Cover when sneezing or coughing

Droplets can transmit RSV - get in the habit of covering with your arm instead of an unwashed hand

**4**

### Keep kids home if they are sick

You can prevent RSV, Flu and COVID-19 from spreading

**5**

### Stay up to date on vaccinations

Getting a flu vaccine and staying up to date with COVID-19 boosters is recommended for all eligible to promote overall health

**6**

### Rule out COVID-19 and Flu

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