



Americana Chinese International School

Information on RSV Disease

General facts:

RSV (respiratory syncytial virus), 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.

What is the cause?

RSV is caused *Human orthopneumovirus* viruses, usually through direct contact with the infected person.

Diagnosis method?

Diagnosis can be made by lab test from respiratory secretions or blood specimen.

What are the signs and symptoms?

- fever
- runny nose
- cough
- wheezing
- listlessness
- poor or diminished appetite

Is there a cure?

RSV cannot be treated or cured, medicines can help ease symptoms and reduce fever. The primary goal of treatment is to reduce and manage symptoms, especially the discomfort.

In most cases, the virus and symptoms will disappear on their own within a week to 10 days.

Is RSV contagious?

The groups of viruses that cause RSV are very contagious. People who are infected with RSV are most contagious during first 3 – 8 days of infection.

RSV can spread when an infected person **coughs** or **sneezes**. You can get infected if you get **droplets** from the cough or sneeze in your eyes, nose, or mouth.

Additionally, it can spread through **direct contact** with the virus, like **kissing** the face of a child with RSV.

How can RSV be prevented?

- practicing good hygiene is the best way
- always wash your hands thoroughly.



- cover mouth and nose when sneezing or coughing to prevent the spread of germs.
- clean any surfaces, toys, and other objects with a disinfectant to kill germs.
- child with **RSV** should be out of school for 7 days after initial treatment to avoid spreading the infection to others.

How to take care of the child with RSV at home?

- follow **doctor's** instruction on medication to relieve discomfort
- **hydration**: adequate fluid intake.