

NOVEMBER 23, 2022

# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## RSV SYMPTOMS AND PRECAUTIONS

Do you know how to protect yourself and your family from RSV? There has been a spike in cases of Respiratory Syncytial Virus (RSV) seen in Ohio and nationally, which is a common respiratory virus that causes cold-like symptoms. There are a few important steps you can take to help protect yourself, your family, and others.

Symptoms of RSV range from mild to severe. Older adults and young children are most likely to get very sick from RSV. If your child is experiencing any cold-like symptoms, contact your primary care provider for advice on what steps you can take to care for your child at home.

It is especially important to closely watch sick infants since they can quickly become worse. If you have a baby who is 6 months old or younger watch for decreased eating, fewer wet or dirty diapers, and increased sleepiness. Also, look for changes in breathing such as rapid breathing or deeper than normal breaths. If your infant is experiencing any of these symptoms it is important that you quickly take them to an urgent care or emergency room.

There are a few steps you can take to help stop the spread of RSV. Frequent hand-washing helps prevent the spread of any disease including RSV. If you or your child is sick stay home when possible. If your child is experiencing a runny nose, cough, or fever they may be contagious and should be kept home from school to prevent getting others sick. Although RSV may be a mild cold for your child it could be deadly for classmates or their younger siblings. If you feel sick and need to leave the house, consider wearing a mask.

While RSV is spreading, so is the flu. Although there is no vaccine for RSV there is one available for the flu. It is important to get the flu shot for yourself and your children. The flu shot helps protect you against the flu and slows down the spread of the disease. Getting the flu shot helps reduce the number of flu cases. This allows healthcare providers to spend more time and resources caring for patients with RSV and other illnesses. For more information on RSV visit [www.cdc.gov/rsv](http://www.cdc.gov/rsv).

As we continue into the winter months it is important to remember to take steps to protect ourselves and others from getting sick. Wash your hands, stay home if you're sick, and get your flu shot.