







MORE THAN A COLD...

It is easy to catch RSV?

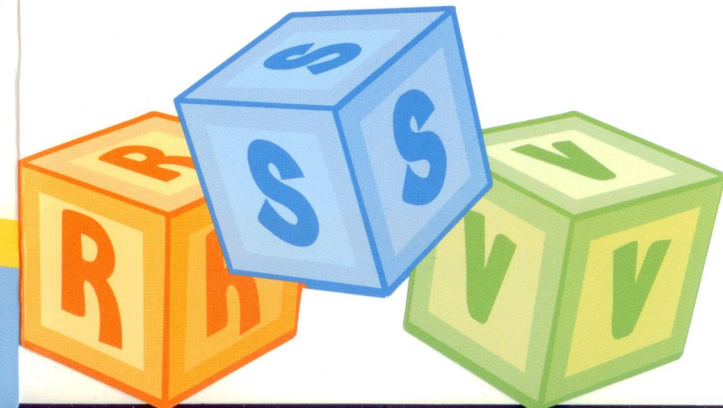
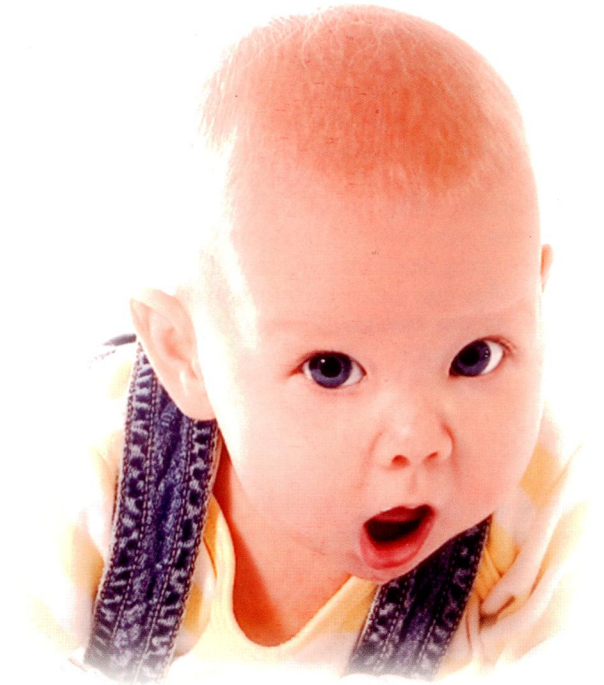
Yes, it is easy to catch . This very common virus is spread by any physical contact such as touching, kissing or shaking hands with an infected person. The virus also spreads through sneezing or coughing. What's more,  can live for hours on the countertop or on a used tissue.  infection is very common in crowded living areas and daycare centres. A person can be exposed to the virus and give it to others without knowing it. You must be very careful to take steps to prevent your baby from being exposed to .



Respiratory Syncytial Virus

What you need to remember


 is highly contagious. Following the rules in this brochure will help reduce the risk of  infection. If you have any questions on , please consult your doctor or nurse.



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What is RSV?

RSV stands for respiratory syncytial virus. RSV is a very common virus in infancy and early childhood. Approximately two-thirds of infants are infected with RSV during the first year of life. RSV is the most frequent cause of lower respiratory tract infection in children.

RSV infections tend to occur from Fall to Spring in temperate climates such as Canada, but RSV season may vary by region. It is best to ask your doctor when RSV occurs in your local area.

In many babies, RSV causes a mild cold. But in certain cases, most often in premature infants, in babies with chronic lung disease or those with congenital heart disease, RSV can cause an infection of the lungs. These babies can then become very sick and may require hospitalization.

Who is at risk?

Premature infants have underdeveloped lungs, which can be a contributing factor to an increased risk for serious RSV infection and pulmonary complications. Children less than 2 years of age with chronic lung disease (i.e., bronchopulmonary dysplasia) and children with hemodynamically significant congenital heart disease are also at a significantly increased risk of more severe RSV infections.

Statistics

- RSV is the leading cause of lower respiratory tract infection in babies and young children.
- Approximately 67% of babies are infected with RSV before their first birthday.
- Virtually all children will have been infected by their second birthday.
- For high-risk children, such as preemies or children who have bronchopulmonary dysplasia or congenital heart disease, RSV can be life-threatening.
- Bronchiolitis-associated hospitalizations have increased in the last decade.
- Specific RSV prevention has been available since 1998.

Preemie care

Premature babies often have difficulties in controlling their temperature, breathing and feeding. The growth and development of premature infants is highly dependent on their nutritional intake.

Ensure the house is warm and your baby is dressed appropriately.

Immunizations are very important for the long-term health of your baby.

“Premature babies are very vulnerable to RSV infection during the winter months.”

“Approximately 67% of babies are infected with RSV before their first birthday.”

Symptoms of respiratory syncytial virus

- Fever
- Runny nose
- Other cold-like symptoms

Symptoms may get worse as the virus spreads to the lungs and can include:

- Coughing
- Difficulty breathing
- Wheezing (a whistle sound)
- Rapid breathing

6 steps to reduce the risk

- Wash hands with warm water and soap before touching your baby.
- If you have a cold or fever, kissing your baby can spread the infection.
- If other young children have a cold or fever, try to keep them away from your baby.
- Keep people with cold symptoms or fever away from your baby.
- Keep your baby away from crowded places (daycares, malls, large family gatherings, etc.).
- Do not smoke around your baby. Ban smoking inside your house.



Dr. _____

Tear off sheet and keep for your records