

RSV

Respiratory Syncytial Virus



Cardinal Pediatrics
304-599-8000

Typically, RSV causes a cold, which may be followed by bronchiolitis or pneumonia. Symptoms generally last an average of 5-7 days.

Call us / Schedule IMMEDIATELY

Symptoms of bronchiolitis

Symptoms of dehydration (fewer than 1 wet diaper every 8 hours)

Pauses or difficulty breathing

Gray or blue color to tongue, lips, skin

Significantly decreased activity and alertness

Symptoms that worsen or do not start to improve after 7 days

A fever (with a rectal temperature of 100.4°F or higher) and he or she is younger than 3 months of age (12 weeks).

A fever that rises above 104°F repeatedly for a child of any age.

Poor sleep or fussiness, chest pain, ear tugging, or ear drainage

Cold: Upper Respiratory Tract Infection

Symptoms may include:

- Fever (temperature of 100.4 or higher)
- Cough (dry or wet sounding)
- Congestion
- Sneezing
- Runny nose
- Fussiness
- Poor feeding

Bronchiolitis: Lower Respiratory Tract Infection

Symptoms may include cold symptoms, plus:

- Fast breathing
- Flaring of the nostrils
- Head bobbing with breathing
- Rhythmic grunting during breathing
- Belly breathing, tugging between their ribs, and/or tugging at the lower neck
- Wheezing



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Remember we are only a text/phone call away!

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Is RSV contagious?

Yes. RSV spreads just like a common-cold virus—from one person to another. It enters the body through the nose or eyes or, usually from:

- Direct person-to-person contact with saliva, mucus, or nasal discharge.
- Unclean hands (RSV can survive 30 minutes or more on unwashed hands).
- Unclean objects or surfaces (RSV can survive up to 6 hours on surfaces, toys, keyboards, door knobs, etc).

Symptoms can appear 2 to 8 days after contact with RSV. According to the Centers for Disease Control and Prevention (CDC), people infected with RSV are usually contagious for 3 to 8 days. However, some infants and people with weakened immune systems can be contagious for as long as four weeks—even if they are not showing symptoms.

Can a child get it again?

Yes! Children and adults can get it multiple times, but typically, repeat infections are less severe than the first one.

What can you do to make your child feel better?

Same as you would for any bad cold:

- Nasal saline with gentle suctioning to allow easier breathing and feeding.
- Cool-mist humidifier to help break up mucus and allow easier breathing.
- Fluids and frequent feedings. Make sure your child is staying hydrated. Infants with a common cold may feed more slowly or not feel like eating, because they are having trouble breathing. Try to suction baby's nose before attempting to breast or bottle-feed. Supplementation with water or formula is unnecessary for breastfed babies. If difficult for the baby to feed at the breast, expressing breastmilk into a cup or bottle may be an option.
- Acetaminophen or ibuprofen (if older than 6 months) to help with low-grade fevers. Always avoid aspirin and cough and cold medications



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