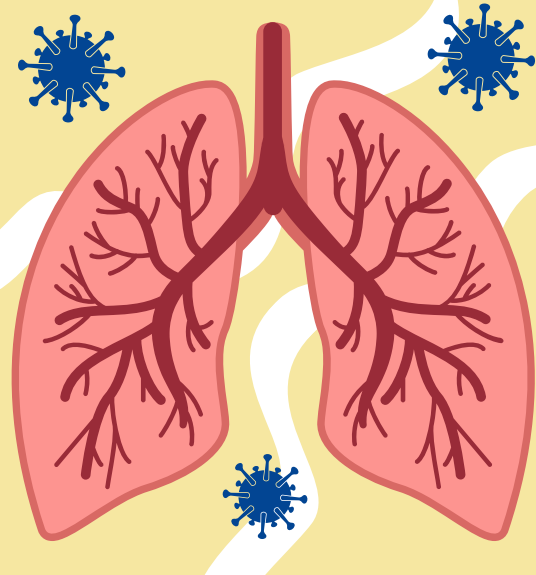




# RESPIRATORY SYNCYTIAL VIRUS (RSV)



## What is RSV?

RSV is a respiratory virus that causes infections of the lungs and respiratory tract. In adults and older children, symptoms are typically mild and mimic the common cold. It is so common that most children have been infected with this virus by age 2.

## Signs and Symptoms:

- Congestion or runny nose
- Low-grade fever
- Dry cough
- Headache
- Sneezing
- Sore throat

## How is it spread/caused?

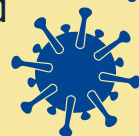
RSV is spread by **respiratory droplets**. It can enter the body through your eyes, nose or mouth. It can also be spread by **direct contact**, such as shaking hands. Like most viruses, it can live on hard surfaces such as doorknobs and countertops for several hours.

Contagion period varies, but is generally the first week of illness.

## Managing symptoms

(as this is a viral infection, antibiotics will not help)

- Wash your hands, frequently and thoroughly
- Wear a mask if around other people
- Take decongestant and/or antihistamine medications for congestion
- Take cough suppression medications as needed
- Get adequate rest
- Stay hydrated



Because the symptoms of RSV are similar to those of COVID-19, It may be recommended to get tested for COVID-19. These infections can occur together, resulting in worsened severity of Covid-19.

## Call UHS if you experience:

- High fever
- Wheezing, shortness of breath, or difficulty breathing
- Severe cough, not alleviated by cough meds
- Symptoms for longer than two weeks

Check out the latest updates and more details from **the Mayo Clinic:**



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