

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Respiratory Syncytial Virus Infection (RSV)

RSV 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. RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia in children younger than 1 year of age in the United States.

Symptoms of RSV may vary by age:

Babies Younger than 6 months	Toddlers 6 months to 3 years	Children and Adults 3 years and older
Fussiness/ irritability	Runny nose	Runny nose & Congestion
Decreased appetite	Coughing & sneezing	Mild headache
Decreased activity	Decreased appetite & trouble swallowing	Cough & sore throat
Changes in breathing	Decreased activity	Fatigue
	Breathing faster than normal	Fever

Most RSV infections go away on their own in a week or two. There is no specific treatment for RSV infection, though researchers are working to develop vaccines and antivirals (medicines that fight viruses).

Take steps to relieve symptoms by: managing fever and pain with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen. (Never give aspirin to children.) Drink enough fluids. It is important for people with RSV infection to drink enough fluids to prevent dehydration (loss of body fluids). Talk to your healthcare provider before giving your child non-prescription cold medicines. Some medicines contain ingredients that are not good for children.

Healthy adults and infants infected with RSV do not usually need to be hospitalized. But some people with RSV infection, especially older adults and infants younger than 6 months of age, may need to be hospitalized if they are having trouble breathing or are dehydrated.

Source: <https://www.cdc.gov/rsv/index.html>

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