

What to Know About RSV and Older Adults

Respiratory syncytial virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Infants and older adults are more likely to develop severe RSV and need hospitalization.

Vaccines are available to protect older adults from severe RSV.



Symptoms:

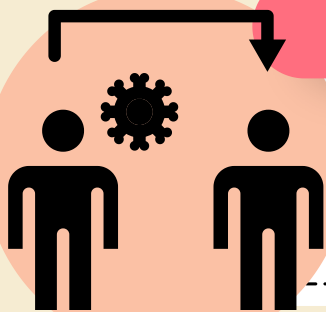
- Runny nose, decrease in appetite, coughing, sneezing, fever.
- Older adults may develop lung infection or pneumonia.
- May worsen asthma, COPD or congestive heart failure.

RSV can be dangerous for older adults. Each year:

- 60,000-160,000 older adults are hospitalized in the US.
- 6,000-10,000 older adults die due to RSV infection in US.



How does it spread?



- An infected person coughs or sneezes.
- You get virus droplets from cough or sneeze in your eyes, nose, mouth.
- You have direct contact with the virus, like kissing the face of a child with RSV.
- You touch a surface that has the virus on it, like a doorknob, and then touch your face without washing your hands.
- RSV can survive for many hours on hard surfaces like tables.

How to prevent it?

- Wash hands often, keep hands off face, avoid close contact with sick people, clean and disinfect surfaces.
- Get the RSV vaccine. Talk to your healthcare provider to see if RSV vaccine is right for you.

