



# RSV: Reducing the Spread of RSV in the Hospital

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## What is RSV?

It's winter again, and with the cooler weather comes respiratory syncytial virus (RSV). This virus can cause colds, croup and lung infections. It usually starts with fever and a stuffy nose in infants and younger children. As the virus spreads to the lungs many infants develop a hoarse cough and may have trouble breathing. Some infants may need to be admitted to the hospital.

RSV is usually just a mild illness (cough and cold) in older children and adults. It can be a life threatening infection for children who already have heart or lung problems.

## How does RSV spread?

RSV infection spreads when an infected person coughs or sneezes in another person's face. It also spreads when a person touches an object that has the virus on it and then touches their own or someone else's nose or eyes.

Children's staff caring for patients with RSV take precautions to prevent spreading the virus to other patients and to themselves. They clean their hands carefully and wear masks, gloves, gowns and eye protection.

## What can you do?

We'd like to ask for your help, too. Here are some ways you can help us prevent the spread of RSV in the hospital.

- Please tell anyone who might want to visit your child not to come to the hospital if they have a fever, cough or cold.
- If your child is hospitalized with RSV, please do not have contact with other patients, their belongings or their immediate surroundings.
- Please stay at your child's bedside and do not visit other patient's rooms or shared spaces on the unit (like the family lounge, playroom or utility rooms).
- Please wash your hands or use hand sanitizer gel often, especially before entering and as you leave your child's room.
- Siblings under 10 years old are **not** allowed to visit the rooms of patients with RSV.

## To Learn More

- Ask your child's nurse or doctor
- [www.seattlechildrens.org](http://www.seattlechildrens.org)