

## WHAT YOU NEED TO REMEMBER

RSV is highly contagious. Following the guidelines in this pamphlet may help reduce the risk of RSV infection

RSV is a virus, Antibiotics have no affect on viruses. Treatment is mainly to relieve the symptoms of the virus.

*If you are worried about your child's condition please speak to your health care provider.*

## HAND HYGIENE

Special care should be paid to **hand hygiene** as it is the best way to prevent the spread of germs. **Good hand hygiene includes these steps:**

### Alcohol-Based Hand Rub

- Apply to palm of one hand
- Rub hands together, covering all of hands and fingers
- Rub until hands feel dry
- If hands are visibly dirty you must wash them before using Alcohol Based Hand Rub

### Hand Washing

- Use warm running water and soap
- Spend at least **15-30** seconds lathering and washing hands
- Rub hands together, paying attention to finger tips, around rings and thumbs
- Rinse thoroughly
- Dry with paper towel and turn off tap with paper towel
- Dispose of paper towel in garbage.

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## Respiratory Syncytial Virus (RSV)

### A Guide for Parents



INFECTION PREVENTION  
& CONTROL PROGRAM

## WHAT IS RESPIRATORY SYNCYTIAL VIRUS( RSV) ?

RSV is a **very** common **virus** affecting most children by the age of 2 years. Antibiotics have no effect on viruses.

## DO ALL PEOPLE WITH RSV BECOME SICK?

RSV can cause symptoms similar to a common cold, however some babies and children can develop Pneumonia or Bronchiolitis. Adults infected can pass this virus on to children.

## ARE CERTAIN PEOPLE AT RISK OF SEVERE ILLNESS FORM RSV?

- **Yes:** babies born before **32** weeks and who are **less than 6 months old** at the start of the RSV season.
- Infants with **chronic lung disease** and **congenital heart disease** are also at risk for more serious RSV infections.
- Babies living in **remote areas** born less than 36 weeks or less than 6 months of age at the start of RSV season.
- Children and adults with weakened immune systems and those older than **65** are also at risk for severe disease .

## WHEN DOES RSV OCCUR?

In NL RSV tends to occurs mostly between December and April each year.

## HOW IS RSV SPREAD?

RSV is spread easily by coughing and sneezing .RSV can live for 30 min or more on unwashed hands and several hours on surfaces.

## WHY ARE DROPLET AND CONTACT PRECAUTIONS NECESSARY?

To prevent the spread to other patients in the hospital.

## HOW CAN WE STOP THE SPREAD ?

Droplet and Contact Precautions will be taken while you are in hospital.

- A sign will be posted on your child's door
- They will be required to stay in their room
- If your child must leave the room for tests they will be required to wear a mask
- All staff and visitors must clean their hands when they enter or leave your room
- Staff and visitors will wear mask, gown/ gloves when providing direct care
- Items brought into your room must stay in the room. RSV can live on objects in the room so it is important to clean items before they are taken out of the room
- Always remove gowns and gloves before leaving the room. Gloves do not substitute for Hand Hygiene. **Always** clean your hands after removing gloves.

## WHAT ARE THE SYMPTOMS OF RSV?

The symptoms can be like a cold at first:

- Fever
- Runny nose
- Other cold like symptoms

*These symptoms may get worse and may include:*

- *Wheezing (whistle sound)*
- *Rapid breathing*
- *Decreased feeding and Hydration*
- *Decreased activity*

## WHAT CAN BE DONE TO PREVENT RSV?

**Hand hygiene** is the most effective way to prevent infection.

- **Everyone** should clean their hands before touching the baby/child.
- Keep people with cold symptoms **away** from the baby/child.
- Keep babies away from crowded places during RSV season *i.e. shopping mall*
- Do not smoke around babies and children
- Breast feed your baby

## IF MY BABY HAS ALREADY HAD RSV CAN THEY BE INFECTED AGAIN?

**Yes** unfortunately being infected once does not protect your baby from becoming infected again.