Information for parents and carers of baby's RSV-BRONCHIOLITIS

What is RSV (Respiratory Syncytial Virus)?

RSV is one of the most common viruses that infects children. It is highly contagious and especially active in temperate climates during late autumn to early spring, and in tropical climates during the rainy season or year-round. A mild infection involves common cold symptoms, but the virus can also cause a severe respiratory infection, such as pneumonia. Moreover, RSV can increase the risk of developing asthma when children are older.

1

What is the risk to my baby?

Although most babies do not really get sick from RSV, **babies under 6 months of age are actually much more likely to develop a more serious illness.** This is because their respiratory and immune systems are still less developed.

2

Which groups are at higher risk?

Certain groups of babies are at higher risk of having severe RSV infection:

- Premature babies (<37 weeks gestation)
- Infants with chronic lung or congenital heart diseases
- Infants with Down Syndrome

3

Which factors increase the risk?

Factors that increase the risk of becoming infected with RSV:

- Month of birth (September-February)
- Presence of older siblings that spend time at highly contagious places such as nursery or school.

4

How do you recognise a (severe) RSV infection?

- The first symptoms are normal cold symptoms, such as a runny nose or cough. Due to mucus forming in the lungs, the baby may have difficulty breathing.

You may notice this by:

- Noisy breathing, rapid breathing, gasping for breath or apnea
- Exhaustion, e.g. not able to take the usual amount of milk from breast or bottle
- Chest in-drawing with each breath (retractions) and/or widening nostrils (nasal flaring)
- A bluish colour around the mouth or fingernails

Does your baby have one of the above symptoms? Please visit your doctor!

5

What measures can be taken to reduce the risk of getting RSV?

Sneeze/cough in your elbow

Wash your hands frequently

Avoid contact with people who are sick

Clean objects and toys frequently

6

RSV Patient Network

The purpose of this flyer is to inform parents about RSV and alert them to the risks.
The RSV Patient Network aims to:

- Raise awareness about RSV
- To represent the patient perspective in research
- To be an (international) network for parents and patients. In doing so, our focus is on creating awareness, education and prevention.

Want to know more about RSV?

Please visit our webpage for more information about RSV and RSV Patient Network (RSV-PN)

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RSV-PN
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