Information for adults > 60 years

RSV-BRONCHIOLITIS

What is RSV ?

RSV is a common viral infection of the lungs leading to the inflammation of the smallest lung airways. It is usually caused by the Respiratory Syncytial Virus (RSV). This virus is active in temperate climates during late autumn to early spring, and in tropical climates during the rainy season or year-round. It affects both infants and elderly, namely RSV is an important cause of pneunomonia in older adults. There is increased risk of RSV infection in older adults who are in regular contact with small children.

1

What are the signs and symptoms of RSV?

The first common symptoms are the same as a cold:

- a runny nose
- cough
- sneezing
- (sometimes) fever

2

Which groups are at significantly higher risk?

People:

- Heart failure
- Lung diseases, such as Asthma, COPD
- Immunodeficiency
- Undergoing chemotherapy
- Had a transplant in the last 5 years

3

What are long term consequences?

Even after the RSV infection itself has gone, a serious infection can cause health problems (such as fatigue) for a longer period of time.

4

Treatment of RSV?

Currently, there is no treatment or vaccination for RSV in older adults, but vaccination for older adults will soon become available.Most cases of bronchiolitis can be managed at home and symptoms will disappear after a few days. However, it is important to keep a close eye on mild symptoms as they can quickly develop into severe disease.

Every year about 3-6% of all older adults are infected with RSV.
If patients with severe underlying disease are hospitalized about 8% may even die.

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 frequently

6

RSV Patient Network

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

- Raise awareness to the RSV
- To represent the patient perspective in research
- To be and (international) network for 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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RESPIRATORY SYNCYTIAL VIRUS FOUNDATION

RSV-PN
RSV Bronchiolitis Patient Network