

# Respiratory Syncytial Virus (RSV)

## Guidelines

### WHAT IS RSV?

Respiratory syncytial (sin-sish-uhl) virus is a common respiratory virus that usually causes mild, cold-like symptoms. RSV can be serious for infants and older adults.

### COMMON SIGNS & SYMPTOMS

- Fever
- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Wheezing

Symptoms usually occur in stages, not all at once.

### CONTAGIOUS TIME PERIOD:

Duration of illness; usually 3-8 days.

### TIME FROM EXPOSURE TO SYMPTOMS:

2-8 days, usually day 4-6

### SPREAD BY:

Direct or close contact with respiratory droplets, direct contact of eye, nose, or mouth secretions, or contaminated surfaces.

### TREATMENT / SELF-CARE:

Rest, fluid intake, over the counter medications to reduce fever and to help with symptoms.

### ACTION AT SCHOOL:

Exclude the child from school until fever-free (99.9 F or below) for 24 hours without the use of any fever reducing medications. If no fever is present, students can stay in school.

### CONSIDERATIONS AND PREVENTION MEASURES:

Practice good hand hygiene. Avoid kissing, sharing drinks, or utensils. Use proper disinfectant on surfaces and toys. Cover cough and sneeze with elbow. Avoid sharing any linens.

