



WHAT YOU NEED TO KNOW ABOUT RSV & FLU

Respiratory illness is a major concern for children each year. However, this year, healthcare providers are sounding an alarm, reporting a significant spike in respiratory illness among children. Hospitals like Le Bonheur Children's Hospital are seeing many early cases of Respiratory Syncytial Virus (RSV) and influenza (FLU). We want to help you keep your child healthy and safe. Please review this important health information from our partners at Le Bonheur and the Centers for Disease Control (CDC).

FAQs

What is Respiratory Syncytial Virus (RSV)?

RSV is a common respiratory virus that often mimics the common cold. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults.



What is different this year?

CDC surveillance has shown an increase in RSV detections and RSV-associated emergency department visits and hospitalizations in multiple U.S. regions with some regions nearing seasonal peak levels.

Can my child be vaccinated against RSV?

Currently, there is no vaccine for RSV. However, flu vaccines are available and recommended for children ages 6 months and older.

What should I do if my child exhibits signs of RSV or the flu?

If you suspect your child has a respiratory infection, do not send your child to school. Contact your pediatrician or healthcare provider as soon as possible. Your pediatrician or healthcare provider can also share more information about respiratory infections and available vaccines.

How can I prevent my family from getting RSV or the flu?

As with most viral infections, basic prevention includes:

- Regular hand washing and keeping your hands away from your face
- Coughing and sneezing into tissue or upper sleeve
- Disinfecting toys and hard surfaces
- Keeping infants and young children away from adults and siblings with colds



The links below from the CDC provide additional information:

- [Prevent RSV - Protect your child \(cdc.gov\)](https://www.cdc.gov/flu/protect-your-child)
- [Flu Vaccine: Get the Facts \(cdc.gov\)](https://www.cdc.gov/flu/vaccine)