

## Let's spread the word, not the virus

### Practice good hygiene to help prevent infants from catching respiratory syncytial virus (RSV).<sup>1</sup>

While most cases of RSV cause mild cold-like symptoms,<sup>2</sup> there is no way to predict which child may be impacted by severe disease.<sup>3</sup> RSV may progress to lung infections, like bronchiolitis and pneumonia.<sup>2</sup> The good news by practicing good hygiene we can help limit infants from coming into contact with the virus in the first place.<sup>1</sup>

#### **Did you know?** Most cases of bronchiolitis are caused by RSV.<sup>3</sup>

Read on for healthcare body recommendations regarding hygiene measures to help prevent RSV transmission and disease, and how to recognize symptoms of RSV disease, including manifestations such as wheezing.<sup>4</sup>

### INFORM ABOUT RSV AND RSV DISEASE:



An infant's first RSV season (typically November to March) poses a potential threat to their health<sup>5,6</sup>

Help parents to recognize early symptoms of RSV, including runny nose, decrease in appetite, sneezing, fever and wheezing.<sup>4</sup>



Infants can catch RSV from contaminated surfaces and close contact with infected people<sup>7,8</sup>



RSV often spreads to infants via contact with infected older siblings or other children<sup>7</sup>



# VOICES OF ALL INFANTS

## FURTHER DETAILS ABOUT HYGIENE MEASURES AND HOW TO HELP REDUCE THE SPREAD OF THE VIRUS:



Try to avoid close contact between the infant and siblings, friends and relatives with cold symptoms<sup>1,5</sup>



Wash hands often with soap for 20 seconds to prevent transmission<sup>1,5</sup>



Cover coughs and sneezes with a tissue or upper arm sleeve – not with hands<sup>1</sup>



Regularly clean and disinfect surfaces that infants touch or share with siblings, such as toys and blankets<sup>1</sup>

### References:

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