Respiratory Syncytial Virus (RSV) *(Information from UpToDate & AAP)*

Respiratory syncytial virus (RSV) is a common cause of respiratory tract infections ("Colds") in persons of all ages. Almost all children are infected by two years of age, and reinfection is common. Most often this is virus causes only mild **cold-like symptoms** and **self resolves after 5-7 days**.
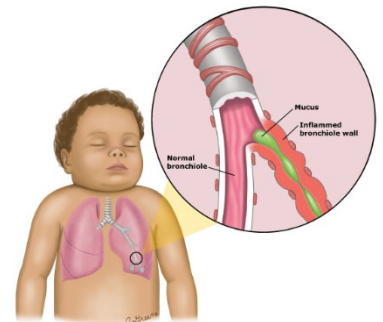
RSV usually begins like a regular cold. Children usually start off with:

- Nasal congestion and discharge.
- Mild, moist, deep sounding cough
- Fever (temperature higher than 100.4ºF or 38ºC)
- Decreased appetite.

For certain infants with chronic lung disease or who are born extremely preterm, RSV infections can be serious. RSV may progress and affect a part of the lungs called the "bronchioles."
This is called **RSV Bronchiolitis,** characterized by symptoms, including:

- Breathing faster than normal
- Wheezing - usually lasts about 7 days
- Severe coughing
- Trouble eating and drinking – In babies, a stuffy nose or fast breathing can make it harder to breastfeed or drink from a bottle.

The cough can last for 14 days or longer. Most children with bronchiolitis do not need to see a doctor and no specific treatment is needed.

How is bronchiolitis treated?

- RSV Bronchiolitis is caused by a virus, and antibiotics don't help.
- The main treatments for bronchiolitis are similar to treating a "cold."
- Make sure your child gets enough fluids.
- Treat fever if needed. Tylenol or ibuprofen. Never give aspirin to a child.
- Monitor breathing overnight frequently.

Emergency care - if your child:

- Stops breathing
- Has blue-looking lips, gums, or fingernails
- Has a very hard time breathing or starts consistent grunting sounds.
  - Muscles between your child's ribs or below your child's ribcage look like they are caving in (Trouble breathing)
  - Your child's nostrils flare (get bigger) when they take a breath
- Looks tired from working so hard to breathe

  This is a life-threatening illness and treatment should not be delayed for any reason.