

RSV Risk Factor checklist

Below you can fill in some information about your child's health status that can be useful for a discussion with your pediatrician.

1 The infant presents the following characteristics:^{7,8}

- ☐ Premature birth
Date of birth ____/____/____ at ____ weeks
- ☐ Low weight at birth
- ☐ Bronchopulmonary dysplasia
- ☐ Congenital heart disease
- ☐ Immunodeficiency
- ☐ Other: _____

2 Your infant shows the following symptoms:^{2,5}

- ☐ Cold-like symptoms (runny nose, cough)
- ☐ Fever ____ °C / °F
- ☐ Decreased activity
- ☐ Loss of appetite
- ☐ Wheezing
- ☐ Apnea
- ☐ Chest wall retractions
- ☐ Rapid breathing
- ☐ Cyanosis
- ☐ Other: _____

3 Symptoms started on ____/____/____



Proceed with the test
on the back page

4 Currently symptoms have:

- ☐ Improved
- ☐ Worsened
- ☐ Remained the same

5 Your child:^{2,9,10}

- ☐ Has been in contact with other children or with people presenting typical symptoms of possible respiratory infections
- ☐ Has touched potentially infected surfaces (toys, cradle, utensils)

For any health-related questions
about your baby, talk to your pediatrician.

If you want more information
on RSV or bronchiolitis,
visit the website:
www.togetheragainstrsv.it



Bibliography: 1. Simoes EA. Lancet. 1999; 354 (9181): 847-52. 2. Piedimonte G, et al. Pediatr Rev. 2014; 35 (12): 519-30. 3. Azzari C et al. Ital J Pediatr. 2021; 47 (1): 198. 4. Groves HT et al. mBio. 2020; 11 (1): e03236-19. 5. Ospedale pediatrico Bambino Gesù. Virus Respiratorio Sinciziale (RSV). Available at: <https://www.ospedalebambinogesu.it/virus-respiratorio-sinciziale-vrs-134145/> (Last access: July 2022). 6. Hall CB et al. Pediatrics. 2013; 132 (2): e341-348. 7. Bianchini S et al. Microorganism. 2020; 8 (12): 2048. 8. Meissner HC. N Engl J Med. 2016; 374 (1): 62-72. 9. Center of Disease Control and Prevention (CDC). RSV Prevention 2020. Available at: www.cdc.gov/rsv/about/prevention.html (Last access: July 2022). 10. Yamin D et al. Proc Natl Acad Sci USA. 2016; 113 (46): 13239-44.

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Respiratory Syncytial
Virus (RSV)

Useful tips for parents

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What is Respiratory Syncytial Virus (RSV)?



It is a **common respiratory virus** which particularly affects **new-borns and infants**.¹



It is easily transmitted through coughs, sneezes and close physical contact, like cuddles and kisses.²



It is the most common cause of **bronchiolitis** and **pneumonia** among infants in **the first year of life**.²



More than **90%** of babies will have been infected with RSV **at least once by the age of 2**.¹

When can one become infected?

RSV is a **seasonal virus**.
In Italy, the virus generally spreads from **October/November** to **March/April**.³



October► April

What are the symptoms and how do you spot them?

Symptoms of RSV infection are similar to those of other respiratory infections.^{2,4}



Cold-like symptoms such as a congested nose, a cough, or a fever



Loss of appetite in older children or swallowing difficulties in younger children



Wheezing



Decreased activity

In some children, the infection may progress into **bronchiolitis** and **pneumonia** and require care in hospital.
The most common symptoms are:⁵



Apnea
(short periods without breathing)



Rapid breathing



Cyanosis
(the skin turns blue around the lips)



Chest wall retractions



Rejection of food

Talk to your pediatrician for more information.

Who can get infected?

It is not always possible to predict which infants will develop a severe form of the disease requiring **hospitalization**.^{6,7}

All infants need to be protected against RSV.⁸



Full term



Underlying health conditions



Pre term

How can you protect your infant from RSV?

The virus can survive for hours on surfaces,² however there are steps you can take to help protect your baby and family, such as:⁹



Frequent **hand washing** for 20 seconds



Disinfecting surfaces and toys



Keeping your hands away from your face



Avoiding close contact with **others who may be showing symptoms** of carrying the virus