

RESPIRATORY SYNCYTIAL VIRUS (RSV)

RSV is a common respiratory illness that can affect persons of any age. It is the most important cause of bronchiolitis and pneumonia in infants and young children. RSV can be especially serious in infants who were born prematurely, or those with heart, lung or immune system problems. Outbreaks of RSV occur almost every year during winter and early spring. Spread in child care centers, among both adults and children is common.

CAUSE: Respiratory syncytial virus

SYMPTOMS: Fever, cough, wheezing, watery eyes, runny nose, sneezing. Very young infants sometimes have tiredness, irritability, a loss of appetite and trouble breathing with few other respiratory signs.

SPREAD: By direct contact with contaminated hands and by droplets expelled from the nose and mouth during sneezing or coughing. The virus can live on the hands for 30 minutes or more.

INCUBATION: It takes 2 to 8 days, usually 4 to 6 days, from the time a person is exposed until symptoms develop.

CONTAGIOUS PERIOD: The virus is usually present for 3 to 8 days, sometimes up to 4 weeks.



Exclusion


Until fever is gone and child is well enough to participate in normal daily activities.



Prevention Control

1. Wash hands frequently with soap and running water for at least 20 seconds, especially after coughing, sneezing or wiping a nose. If hand sanitizers are used, they may be used only after thorough handwashing.
2. Minimize contact with respiratory secretions, such as saliva or nasal mucus.
3. Dispose of any tissue or items soiled with discharge from the mouth or nose in a waste container.

4. Clean and sanitize mouthed toys at least daily and when soiled.



1. Bleach Sanitizer (Use non-scented)

- 1 teaspoons bleach in 1 gallon water
- 1/4 teaspoon bleach in 1 quart water

Use test strip to check concentration. Do not rinse. Air dry.

PREPARE FRESH SOLUTION DAILY.

OR

2. Commercial or food grade sanitizer that is EPA approved

FOLLOW MANUFACTURER'S DIRECTIONS.

5. Contact your physician if you have any questions about medications.



For more information, you or your physician may call the Douglas County Health Department at 444-7241 or your local health department.