

# Know RSV

## WHAT IS RSV?

Respiratory syncytial virus (RSV) is a highly contagious respiratory virus that can affect people of all ages.

## WHAT CAUSES RSV?

There are two main types of RSV - RSV/A and RSV/B. These types of RSV can circulate at the same time and can vary from year to year.

## HOW DOES RSV SPREAD?

RSV can spread through contact with a person ill with the disease, or by touching a contaminated surface.

## PEOPLE AT HIGH RISK OF RSV

Nearly all children will have an RSV infection before 2 years of age. Some people are at greater risk for RSV-related complications, including:

- Premature infants
- Infants 6 months of age and younger
- Children with chronic lung or heart disease
- Children with neuromuscular disorders
- People of any age with weakened immune systems
- Infants under 6 months of age living in remote communities
- Adults 65 years of age and older

## RISK OF HOSPITALIZATION

RSV infection is the most common cause of pneumonia and bronchiolitis in infants requiring hospitalization. Hospitalization increases with age, particularly among adults 65 years of age and older.

## PREVENTING RSV

- Wash your hands with soap and water frequently
- Clean common surfaces
- Avoid close contact with others who may be sick
- Stay at home when you are sick
- Cover coughs and sneezes

Protection is available for infants at high risk using monoclonal antibodies.

Vaccination is available for the prevention of RSV in older adults, but programs vary across provinces and territories.



TALK WITH YOUR HEALTH CARE PROVIDER TO LEARN MORE ABOUT RSV.