

## RSV can be dangerous. Here's how to be protected

**T**here are many viruses out there that can make us sick. You've probably heard of some, like flu and measles. Another one of them is called RSV. It is very common, and just about everyone gets it at some time. For people such as infants, older adults and those with poor immune systems, RSV can be very serious. Thousands of people are hospitalized with RSV each year.



Photo above by Viktor Cvetkovic, below by FG Trade, courtesy iStockphoto

### Quick facts on RSV protection:

**1** RSV stands for respiratory syncytial virus. But you don't have to remember that. Just know that RSV can make you cough, have a sore throat and cause a runny nose. These are known as flu-like symptoms.



**2** The most common time to catch RSV is from November to April.

**3** Babies, people over 75 and those with poor immune systems may have worse symptoms. They can have congestion in their chests and even develop pneumonia. Sadly, some people even die.

**4** People who are at high risk of getting

very sick from RSV should get vaccinated. The vaccine is safe and effective. Even pregnant women can safely receive the vaccination.

**5** You can do your part to keep infants, grandparents and others healthy. Cover your coughs and sneezes when around them. Wash your hands before holding a baby or hugging a grandparent.



>> For more info on RSV, visit [www.idsociety.org](http://www.idsociety.org) or talk to your health care provider.