



Respiratory Syncytial Virus Infection (RSV) Notification Sheet

You are receiving this because

Your child may have been exposed to this illness on _____.

Date(s)

Please watch your child for symptoms through _____.

Date



If my child has Respiratory Syncytial Virus when can they return to school/child care?

- A child with RSV can return to school/child care after they have been fever-free for 24 hours (without fever-reducing medication) and symptoms are improving. A negative test for RSV is not required for return.

RSV is a common virus that infects the respiratory tract and causes symptoms similar to the common cold.

Signs and Symptoms:

- Runny nose
- Decrease in appetite and activity
- Coughing
- Sneezing
- Fever
- Wheezing
- Difficulty breathing

Symptoms usually develop 4 to 6 days after being in contact with a sick person. Symptoms usually appear in stages and not all at the same time.

Young infants may be irritable, have decreased activity, or have difficulty breathing. RSV can be a serious illness for infants and older adults.

What to do now?

Watch your child for symptoms through day 8. If your child develops symptoms, it is important to stay hydrated by drinking plenty of fluids. Most people recover within 1-2 weeks on their own. Seek medical care right away if your child has trouble breathing.

How illness spreads

- Coughing
- Touching a contaminated surface or item, including clothing, and then touching your face
- Close contact with a person who is sick

A person can spread RSV for 3-8 days while sick. Some infants and people with compromised immune systems may continue to spread illness for a few weeks after symptoms resolve.

Prevent others from getting sick

- Keep your child home when sick
- Wash hands frequently
- Keep your hands off your face
- Cover coughs and sneezes with arm or shoulder
- Avoid close contact with sick people
- Do not share drinking glasses or eating utensils
- Increase cleaning of commonly touched surfaces
- Stay up to date on vaccinations