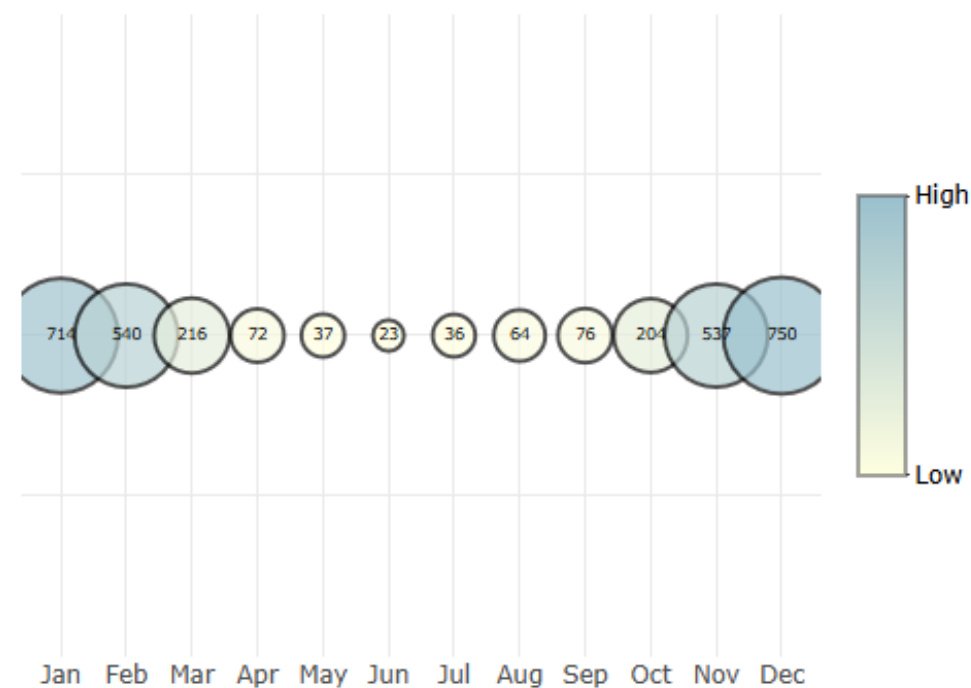


Respiratory Syncytial Virus (RSV)

Seasonality

- ❑ RSV infections typically peak during the fall and winter months, with outbreaks occurring annually in most regions.
- ❑ The virus thrives in cooler temperatures and spreads more easily in indoor environments

Total Cases Reported Per Month in SWDH(2017–2024)



Causative Agent

Respiratory Syncytial Virus (RSV) is a leading cause of respiratory tract infections, particularly in infants, young children, older adults, and immunocompromised individuals.

Mode of Transmission

RSV spreads primarily through respiratory droplets and direct contact with contaminated surfaces. Common transmission methods include:

- ❑ Inhalation of virus-containing droplets from coughs or sneezes
- ❑ Touching contaminated surfaces and then touching the face, especially the eyes, nose, or mouth
- ❑ Direct contact with an infected individual, such as kissing or close caregiving

Symptoms

RSV symptoms typically appear 4 to 6 days after exposure and range from mild to severe. Common symptoms include:

- ❑ Runny nose
- ❑ Coughing and sneezing
- ❑ Fever
- ❑ Wheezing
- ❑ Decreased appetite
- ❑ Difficulty breathing or shortness of breath (in severe cases)
- ❑ In infants, RSV can lead to bronchiolitis and pneumonia, characterized by rapid breathing, nasal flaring, and retractions. Severe cases may require hospitalization, particularly in premature infants and those with underlying health conditions.

Exposure Sources and Risk Factors

- ❑ Close contact with infected individuals, especially in households, daycare centers, and healthcare settings
- ❑ Contaminated surfaces, such as toys, doorknobs, and medical equipment
- ❑ Crowded environments where respiratory infections spread easily
- ❑ Risk factors include infants under 6 months, premature babies, older adults with chronic heart or lung disease, and individuals with weakened immune systems.

Preventive Measures

- ❑ Preventing RSV infection involves good hygiene and infection control practices:
- ❑ Frequent handwashing with soap and water
- ❑ Avoiding close contact with sick individuals, especially for high-risk groups
- ❑ Cleaning and disinfecting frequently touched surfaces
- ❑ Covering coughs and sneezes with a tissue or elbow
- ❑ Avoiding shared utensils and cups
- ❑ Immunization for [eligible individuals](#)