

RSV Notification

On _____ a child in this childcare center had symptoms of the **RSV**.

What is it? RSV is respiratory syncytial virus. It causes infections in the upper and lower respiratory tract. Almost 100% of children in childcare get RSV in their first year of life. RSV is spread through direct contact with respiratory droplets through breathing or coughing.

What to watch for?

- Symptoms are similar to the common cold.
- Coughing, to the point of gagging.
- Increased breathing and heart rates.
- Fever, and possible pneumonia or bronchitis.

How can we prevent it?

- **Careful and frequent hand washing** will prevent the spread of disease.
- Keep your hands away from your nose, eyes, and mouth, but cover your mouth when you cough or sneeze.
- Dispose of tissues properly and disinfect toys according to guidelines.

What can we do at home?

- Get plenty of rest.

When do we call the doctor?

- If your child is having trouble sleeping at night.

When can my child return to the center?

- Frequently a child is contagious before the symptoms appear.
- A child would not need to be excluded from day care unless they are too sick to participate in the daily events.