

What is RSV?

RSV is virus that can cause severe infection, hospitalization, and death. Alongside COVID-19 and influenza, it is responsible for causing a number of emergency visits and hospitalizations in Canada each year. While it has not received as much attention as influenza and COVID-19, RSV causes an estimated 180,000 hospitalizations and 14,000 deaths among older adults in the USA each year.

What are the symptoms of RSV?

RSV symptoms are very similar to those of other respiratory infections. The virus primarily causes lung infections, but can also make chronic medical conditions worse and cause cardiovascular problems.

Common symptoms include:

- Cough
- Wheezing
- Congestion
- Difficulty breathing
- Fever



Who is at highest risk for RSV?



Infants



Young children



People with weakened immune systems



older adults (60+)



People with chronic health conditions

What are the current RSV vaccine guidelines?

There are a number of RSV vaccines targeted for both pregnant individuals – which provides RSV protection to the unborn baby – and older adults. If you are **over the age of 60 or are pregnant**, you should speak to your healthcare provider about getting the RSV vaccine.

Along with vaccines, people can prevent the spread of RSV by hand-washing, covering coughs and sneezes, and staying home when sick.



Vaccination remains one of the best ways to safeguard yourself from preventable diseases, reduce the risk of serious illness and complications and prevent the spread of disease to others. Talk to your healthcare provider to learn more about how vaccination can support you and your families health and wellness.