



ACCÉSSS

Alliance des Communautés Culturelles pour
l'Égalité dans la Santé et les Services Sociaux

Respiratory Syncytial Virus – What you must know

The Respiratory Syncytial Virus (RSV) is a common virus that causes respiratory infections, especially in infants, young children, and older adults. RSV is mainly spread through respiratory droplets when an infected person coughs or sneezes. It can also survive on contaminated surfaces and be transmitted through direct contact.

RSV symptoms can range from mild to severe and may include nasal congestion, coughing, wheezing, difficult breathing and fever. In infants and young children, symptoms can be more severe, potentially leading to bronchiolitis or pneumonia. RSV is more common during the fall, winter, and spring months in temperate regions, and outbreaks can vary in intensity from year to year.

Premature infants, infants under six months of age, children with chronic heart or lung diseases, as well as older adults and individuals with weaker immune systems, are particularly at risk for severe complications from RSV. It is important to consult a doctor if symptoms arise and consider vaccination against the virus if you are part of a high-risk group. Vaccines are available to protect the elderly and for pregnant women to help protect infants.

It is crucial to seek medical advice if you suspect an RSV infection, especially in infants and young children, to receive guidance on managing symptoms and preventing complications.