



Protect your baby from RSV

Most kids get RSV (respiratory syncytial virus) by age 2.¹ While it's mild for many, babies (especially those under 6 months) and young children are at higher risk for a **serious illness** that could lead to hospitalization.

What does RSV look like?

In infants under 6 months:

- Unusual fussiness or tiredness
- Poor feeding
- Pauses in breathing (apnea)

In older babies and toddlers:

- Runny nose
- Cough or wheezing
- Eating or drinking less

Is RSV dangerous?

RSV is the **leading cause of hospitalizations** in children under 1.² It can cause lung infections that make it harder to breathe like **bronchiolitis** and **pneumonia**. Having RSV early in life may raise the risk of developing asthma later.³

How does RSV spread?

It **spreads easily** through coughs, sneezes, shared surfaces, or close contact like kissing or hugging a child.

Kids can spread RSV **before** they feel sick and **stay contagious** for up to a week.

Two ways to protect your baby



During pregnancy: The RSV vaccine (given at 32–36 weeks) protects your baby for their first 6 months.⁴ It's offered **September through January**.



After birth: If the parent didn't get the vaccine during pregnancy, babies under 8 months can get an RSV antibody treatment for five months of protection. Some high-risk toddlers may qualify, too.¹

You can also help prevent RSV:



Wash hands often



Disinfect surfaces often



Keep sick people away from babies



Teach kids to cover coughs and sneezes

Your baby can't fight RSV alone.

Talk to your doctor about how to protect them.

Sources:

¹ [HealthyChildren.org: RSV: When It's More Than Just a Cold](https://www.healthychildren.org/RSV/When-It's-More-Than-Just-a-Cold)

² [NFID: Respiratory Syncytial Virus \(RSV\)](https://www.nfidi.org/RSV)

³ [NIH: Avoiding RSV in infancy reduces asthma risk](https://www.nih.gov/avoiding-rsv-in-infancy-reduces-asthma-risk)

⁴ [ACOG: Should I get the RSV vaccine during pregnancy?](https://www.acog.org/should-i-get-the-rsv-vaccine-during-pregnancy)

