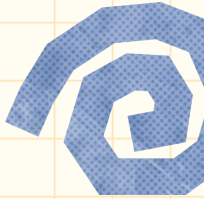




# Protect older adults from RSV

RSV (respiratory syncytial virus) is a common virus that **spreads easily** and can be **dangerous** for adults—especially those over 50 or anyone with underlying health conditions.



## Which adults are most at risk?

- Adults 75 and older
- People with heart or lung disease
- Those with weakened immune systems
- Adults living in nursing homes or care facilities



Each year, RSV sends up to **160,000 adults age 60 or older** to the hospital.<sup>1</sup>

## How does RSV spread?

RSV **spreads easily** through coughs, sneezes, touching contaminated surfaces, or close contact with someone who's sick.



People are contagious **before they show symptoms** and for **up to a week after**.

## You may be eligible for the RSV vaccine if you are:

- 75 or older
- 50–74 with a high-risk condition (like heart or lung disease)



Just **one dose** of the RSV vaccine is recommended for these groups.<sup>1</sup> Talk to your doctor about timing.

## What does RSV look like in adults?

Mild symptoms may include:



Congested or runny nose



Dry cough



Low-grade fever



Sore throat



Sneezing



Headache

## Why is RSV dangerous?

In older adults, RSV can lead to **pneumonia, hospitalization, or even death**.

It can also make these conditions worse:

- Asthma
- Chronic lung disease (like COPD)
- Heart failure

## Other ways to help prevent RSV:

- Wash hands often
- Disinfect high-touch surfaces
- Cover coughs and sneezes
- Avoid close contact with people who are sick

**RSV can be serious for older adults. Protect yourself and those around you.**

**Talk to your doctor about RSV protection at your next visit.**