

RSV and Other Respiratory Illnesses



Symptoms

- Coughing
- Wheezing
- Sneezing
- Runny Nose
- Nasal Congestion
- Sore throat
- Headache or body aches
- Decrease in appetite
- Fever
- Shortness of breath

What to Do if you were Exposed

- Monitor for symptoms. Symptoms develop gradually and will occur between 1-5 days following an exposure, although 48 hours is common.
- Cover any coughs or sneezes with a disposable tissue or your inner elbow.

What to Do if you Test Positive

- Stay home until your respiratory symptoms improve and you have been fever-free for at least 24--hours without the use of fever-reducing medications.
- Avoid sharing cups and eating utensils.
- Wash your hands frequently and correctly (with soap and water for at least 20 seconds).
- Avoid smoking and passive smoke exposure as this can increase the risk of developing pneumonia.

Individuals at Higher Risk of Getting Very Sick

- Older adults
- Young children
- People who are immunocompromised
- People with medical conditions
- People with asthma
- Pregnant and recently pregnant people
- Racial and ethnic minority groups

