

PARENT ALERT

Contagious disease exposure in room/location _____ on _____.

RESPIRATORY SYNCYTIAL VIRUS (RSV)

WHAT IS IT? A virus that infects the lungs and airways causing the common cold and other respiratory symptoms. One of most common diseases of early childhood (younger than 4 yo).

WHERE DID IT COME FROM? Being in close contact with an infected person and touching objects contaminated with RSV virus.

WHEN CAN YOU CATCH IT? Most contagious from 3-8 days after infection and may become contagious 1-2 days before showing symptoms. However, young infants or those with weakened immune systems can be contagious for as long as 4 weeks after infection. Most common during winter and early spring.

HOW CAN YOU CATCH IT? The virus is spread when an infected person coughs, sneezes, or talks, and/or touch objects contaminated by the virus. The virus can live on surfaces for many hours and 30 minutes or more on hands.

HOW LONG BEFORE THE SYMPTOMS APPEAR? Symptoms usually appear within 4 to 6 days of infection.

WHAT ARE POSSIBLE COMPLICATIONS? Bronchiolitis, Pneumonia, and breathing difficulties.

WHAT SHOULD YOU DO?

1. Wash your hands often and keep your hands off your face.
2. Prevent contact with respiratory secretions by following respiratory etiquette, covering coughs and sneezes.
3. Clean and disinfect surfaces.
4. Stay home when you or your child is sick.
5. Notify the Center if your child is sick so Center can alert other parents.
6. See a healthcare provider and return to healthcare provider if symptoms worsen.

WHAT WILL THE CENTER STAFF DO?

1. Post this notice.
2. Practice meticulous handwashing and respiratory etiquette.
3. Exclude children meeting exclusion criteria like fever, difficulty breathing, and unable to participate in activities (American Academy of Pediatrics, 5th Ed, pgs. 147-148).
4. Inform family members and staff who may have been exposed.
5. Clean and disinfect surfaces.

WHAT CAN YOU DO FOR THE ILL CHILD?

1. Pain and fever control.
2. Encourage fluids to prevent dehydration.
3. Encourage plenty of rest.
4. Follow healthcare provider's treatment.

WHEN CAN THE CHILD RETURN TO CLASS? When child is cleared by healthcare provider to return to class or exclusion criteria are resolved. If you have any questions, please contact your childcare center and healthcare provider.

Reference: <https://www.cdc.gov/rsv/high-risk/infants-young-children.html> (English)
<https://www.cdc.gov/rsv/high-risk/infants-young-children-sp.html> (Spanish)