



Our children are getting sick

Respiratory syncytial virus (RSV)

Highly contagious virus which affects young children

A nasty winter virus is making our babies and young children very sick.

Adults and older children can get RSV, but for them it is usually just a cold. For babies and pre-school children it can be very dangerous.

RSV is very infectious and can easily pass from person to person directly and through coughing and sneezing, or by touching things a sick person has touched.

Children with RSV can have a runny nose, a cough or sneeze, and a fever. They may not want to eat or drink much, and they may vomit. They can feel very unwell and might look pale. They will likely be very unhappy, or very quiet.

If your baby or child is sick, call Healthline 0800 611 116 or phone your medical centre for advice. Keep them at home and away from other children.

If they are getting worse, or stop eating or drinking, or are finding it hard to breathe, they need urgent care at the hospital's Emergency Department.

- **Don't spread sickness** – anyone who is sick should stay well away from other people
- **Wash your hands frequently** – and teach everyone in your family to do the same
- **Keep things clean** – use tissues and throw them away
- **Don't share drinking glasses** – keep food and cutlery separate
- **Don't smoke** – it puts babies at higher risk

