Older Adults and Adults With Certain Underlying Conditions: Understanding the Risks and Potential Seriousness of

RESPIRATORY SYNCYTIAL VIRUS (RSV) INFECTION

KNOW YOUR RISKS TO HELP SIDELINE RSV

RSV IN ADULTS

RSV is a common, contagious respiratory virus that usually causes mild symptoms but can lead to hospitalization.
Older adults are more at risk for severe infections from RSV because our immune systems typically weaken as we age.

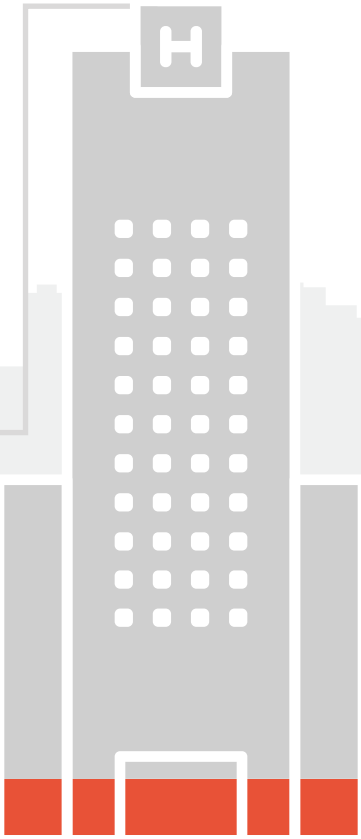
Each year approximately

177K ADULTS 65 AND OLDER

are hospitalized in the US due to RSV and an estimated

14K

OF THOSE CASES RESULT IN DEATH.



HELP PROTECT YOURSELF

If you're an older adult with certain underlying conditions, talk to your doctor or pharmacist about RSV and vaccination.

FOR ADULTS 60 YEARS AND OLDER

some data suggest that there is an increased risk for severe RSV infection that can lead to hospitalization.

UNDERLYING CONDITIONS AND RSV INFECTION



Adults with certain underlying medical conditions, including chronic heart or lung disease, are at an increased risk of developing serious illness.

These include:

- ASTHMA
- CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)
- CHRONIC HEART FAILURE (CHF)

RSV can exacerbate these conditions. RSV can also lead to severe outcomes such as

PNEUMONIA, HOSPITALIZATION, AND DEATH.

THE SPREAD OF RSV INFECTION

RSV can easily spread when someone who is infected **coughs or sneezes**.

Most people are typically contagious for **3-8 days,** but people with weakened immune systems can be contagious for as long as **4 weeks**—even after they stop showing **symptoms**.

THE PREVENTION OF RSV

Typical ways to prevent RSV infection include:

Washing your hands often with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer.

Avoiding touching your eyes, nose, or mouth with unwashed hands and avoiding close contact with people who have cold-like symptoms.

Cleaning and disinfecting surfaces that people frequently touch, such as doorknobs.

THOSE EXPERIENCING RSV SYMPTOMS SHOULD CALL A HEALTHCARE PROVIDER IMMEDIATELY

to discuss risks for severe complications.

RSV SYMPTOMS

- FEVER
- COUGH
- SORE THROAT
- RUNNY NOSE
- CONGESTION
- HEADACHE
- FATIGUE

VISIT SIDELINERSV.COM

to learn more about the risks of RSV and **how to help protect yourself or a loved one.**

SidelineRSV

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