

Older Adults: Understanding the Risks and Potential Seriousness of

RESPIRATORY SYNCYTIAL VIRUS (RSV) INFECTION



RSV IN OLDER ADULTS

RSV is a common, contagious respiratory virus that usually causes mild symptoms but can lead to hospitalization.

Older adults are at an increased 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 60 or older, talk to your doctor or pharmacist about RSV and vaccination.

FOR ADULTS 60 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



These include:



ASTHMA



CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)



CHRONIC HEART FAILURE (CHF)

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

RSV can exacerbate these conditions, which can 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 protect yourself or a loved one**.



SidelineRSV



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