

Protecting Babies at Risk of RSV Hospitalization

Information for Parents about Respiratory Syncytial Virus (RSV)

When should I seek medical help?

Seek urgent help if you notice the following signs:

- Breathing that is too fast
- Noisy breathing with each breath
- Bluish discoloration in the skin, especially the face or lips
- Pulling-in of the ribs and the center of the chest with each breath
- Fever with a body temperature of more than 38°C
- Not feeding well

If my baby needs medical help, where should I go?

You should go to the nearest Pediatric Emergency Center or call the Emergency Ambulance Services at **999**.



Resources for further information:

- <https://www.cdc.gov/rsv/index.nhtml>
- <https://www.symagis.com/patients/rsv-resources.html>

Important phone numbers:

- Ambulance emergency: **999**
- Pediatric Emergency Center (Al Sadd): **4439 6066**
- Pediatric Emergency Center (Al Rayyan): **4481 1493**
- Pediatric Emergency Center (Al Shamal): **4473 0116**
- Pediatric Emergency Center (Al Daayen): **4423 3801**
- Pediatric Emergency Center (Airport): **4467 7672**



مركز صحة المرأة والأبحاث
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Protecting Babies at Risk of RSV

Hospitalization

Dear parent, you are receiving this leaflet as your baby is in a high-risk category for this condition. The following information will help you in understanding what you can do to reduce the risk of illness from RSV for your baby.

RESPIRATORY SYNCYTIAL VIRUS (RSV)

What is Respiratory Syncytial Virus (RSV)?

Respiratory Syncytial Virus, or RSV, is a common virus that most children contract before the age of 2 years old. The virus is very common during the winter months in Qatar (October to February) and usually causes mild, common cold-like symptoms in most children. However, in some high-risk groups of babies, the condition may lead to more serious health problems, including: breathing difficulties or a severe infection in the lungs called bronchiolitis

How is RSV spread?

RSV is spread from person to person. When a person sneezes or coughs, he/she releases droplets that contain the virus into the air. If another person comes into contact with the droplet, he/she can be infected with RSV. The virus can enter the body through the eyes, nose, or mouth.

What are the signs?

- Mild common cold symptoms, usually with fever or a runny nose
- Sneezing
- Coughing
- Difficulty breathing
- Rapid breathing
- Decreased appetite



Difficulty breathing



Coughing



fever

Who is at risk of getting RSV?

- Babies born premature
- Babies with heart or lung disease
- Babies born as multiples (twins, triplets, etc.)
- Babies with older brothers and sisters
- Babies exposed to passive smoking

How can I protect my baby from RSV?

- Wash your hands frequently with soap and water for 20 seconds. If water is not available, use alcohol-based sanitizer to clean your hands.



- Avoid touching your baby with unwashed hands.
- When coughing or sneezing, use a disposable tissue to cover your mouth and nose then throw it in a waste basket. If tissue is not available, sneeze into your upper sleeve. This prevents your hands from being contaminated.
- Do not share your baby's cups and eating utensils with others.

- Avoid close contact with people who are ill.
- Keep your baby away from crowded areas.



- Do not smoke near your baby. Ask others not to smoke at home and if you do smoke, wash your hands after smoking.
- Breastfeeding reduces the risk for an infection with RSV.

Is there a treatment to prevent RSV?

There is a vaccine which may prevent and reduce the risk of contracting RSV. In Qatar, this vaccine is supplied to babies in certain high-risk groups. Your baby's nurse or doctor will inform you if your baby is eligible to receive this vaccine, which is given by injection and is given once every month during the RSV season.