



## MAYOR

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## CITY MANAGER

Tommy Gonzalez

## RSV INFECTION

RSV (Respiratory Syncytial Virus) is a respiratory virus that affects mostly children but can also develop cold-like symptoms in adults. For some children, particularly young infants and those with certain conditions or were born premature, RSV can be serious.

RSV infections are common in fall and winter but may also be present until early spring; however, because of COVID, the pattern of infection has greatly changed. With social distancing, mask and staying home there was hardly any RSV or Flu infections, but when those restrictions relaxed, we began to see an increase in these respiratory infections.

RSV causes cold symptoms such as runny nose, nasal congestion, fever, sneezing and cough. Some infants can get sicker and develop bronchiolitis and pneumonia from RSV. Those infants may develop any of these warning signs and symptoms: **wheezing, fast and labored breathing, grunting, poor feeding and even turn purple.**

The infants or children at the highest risk of developing severe RSV disease are:

- Infants 6-month-old or younger at the beginning of RSV season
- Premature or low birth weight infants (Especially those born before 29 weeks gestation)
- Babies or children using oxygen
- Babies or children < 2 yr with chronic lung disease
- Babies or children < 2 yr born with certain heart defects
- Babies or children born with immune deficiencies

Adults considered at high risk of complications include:

- Adults 65 yr and older
- Adults with chronic lung or heart disease
- Adults with very weak immune system

**Hector I. Ocaranza, MD, - Interim Director/Health Authority**  
Department of Public Health | 5115 El Paso Dr. | El Paso, TX 79905  
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# Department of Public Health



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Here in El Paso, TX, we are currently experiencing a sharp rise in RSV infections in infants and children, and the Department of Public Health (DPH) has several recommendations for parents with young children:

- Avoid close contact with sick people, particularly in crowded places
- Wash hands frequently, especially before holding your baby
- Wash your child's hands frequently and before meals, after using restroom or after playing
- Daily baths help prevent infections
- For children, provide well balanced meals
- Give medications as prescribed by your baby's physician. This if your baby is taking any medication for a chronic condition
- If the parent is sick, you may wear a mask and wash hands frequently or ask a family member or relative for help caring for your baby
- If your child is sick contact your baby's healthcare provider for further recommendations
- If any of the warning signs described previously, seek immediate medical attention

Talk to your healthcare provider about this and other respiratory conditions, and how to protect yourself and your family.

Prevention is the foundation of health, and we can keep our families safe this fall and winter season by following some simple steps. Also, people 6 month of age and older can come and receive the flu vaccine free of charge at any of our clinics.

For more information about our clinics, please call 2-1-1

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