

# AHRQ Safety Program for Telemedicine: Improving Antibiotic Use

## Respiratory Syncytial Virus (RSV) – Patient Guide for Children and Adults

### What is RSV?

- RSV is a common virus that most typically presents with symptoms similar to the common cold
- Even though RSV infections are not caused by bacteria, they can still cause people to feel pretty miserable
- Some symptoms from RSV infections include watery eyes, a runny or stuffy nose, sneezing, a scratchy or sore throat, low-grade fever, cough, and feeling very tired
- RSV is spread in three ways: through the air, through contact with other people who have RSV, and on surfaces that have been touched by people with RSV
- You can limit your chance of developing RSV infection by:
  - Washing your hands often
  - Avoiding close contact with people who are sick
- You can limit the chance of spreading RSV infection by:
  - Washing your hands often with soap/water or hand sanitizer
  - Coughing or sneezing into a tissue or your elbow
  - Wearing a mask when you are sick and around other people
  - Staying home from work, school, or daycare when symptomatic, if feasible



### What should I do to feel better?

- You can't make RSV go away faster, but you can treat the symptoms. Some suggestions include:
  - Taking ibuprofen (commonly called Motrin®) or acetaminophen (commonly called Tylenol®) for pain relief according to their instructions, unless your healthcare provider suggests not taking them; store brands (e.g., CVS brand) are just as good as name brands (e.g., Motrin)
  - To help a sore throat, gargle with water, take cough drops (generally wait until a child is at least 6 years old), take about ½ a teaspoon to 1 teaspoon of honey every 2 hours or so (do not give honey to children under 1 year of age), and/or drink warm tea
  - Get plenty of rest, drink lots of water, and avoid smoking

### What is the role of antibiotics?

- Antibiotics can kill bacteria but not viruses
- Antibiotics can have side effects like rashes, diarrhea, or yeast infections
- Taking antibiotics will not help you feel better faster and might actually make you feel worse

### When will I feel better?

- Symptoms of RSV usually last 1 to 2 weeks
- Although you may not feel well, RSV usually does not cause serious illness

### Contact your healthcare provider immediately if:

- You do not feel better after 10 days
- You develop a high fever (above 102 degrees Fahrenheit), trouble breathing, trouble swallowing, shortness of breath, confusion, a bad headache, continued pain in your face, severe weakness, a new rash, or any other symptoms that are concerning to you

*This document is intended to provide health-related information so that you may be better informed. It is not a substitute for your healthcare provider's medical advice and should not be relied upon for treatment for specific medical conditions.*



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