



# Little Lungs

need **big protection**  
against RSV

RSV, or respiratory syncytial [sin-sish-uhl] virus, is a seasonal virus that infects the lungs. As you keep your baby safely bundled in blankets and mittens this season, don't forget to protect their little lungs too.

# What is RSV?

RSV is a virus that can cause severe breathing problems and even lead to hospitalization. In fact, **RSV is the #1 reason babies are hospitalized within their first year of life.**

While most children will get RSV by the age of 2 and will only experience cold-like symptoms, sometimes it can be more serious, especially in vulnerable babies.

**Premature babies are 2x more likely to be hospitalized with RSV disease.** Babies with certain heart and lung conditions are also at higher risk for complications like pneumonia or bronchiolitis.

But there are things you can do to help protect your baby's little lungs from RSV.

RSV is easily spread and lives on surfaces of doorknobs, countertops, clothes, and toys for hours.



## How can I protect my baby?

Everyone is excited to cuddle with your newborn baby, but that can spread germs. Take these extra steps around family and friends to help protect your baby from RSV:



Wash your hands before touching your baby, and ask others to do the same



Wash your baby's toys, clothes, and bedding often



Don't let anyone smoke in your home or near your baby



Keep your baby away from:  
– crowds and young children  
– people with colds

Visit [LittleLungs.com](https://www.littlelungs.com) to learn more.