

# The RSV season is here!



An unusually high number of infants are currently being infected. Children under the age of one can become seriously ill if they contract RSV, resulting in a rasping, persistent cough and breathing difficulties. There are various ways in which you can reduce the risk of infection and protect infants.

RSV is spread when an infected person coughs or sneezes onto another person. It can also be transmitted via the hands to the nose. The virus cannot be transmitted via ventilation systems, breastmilk, or food.

- Be particularly careful with your hygiene. Wash your hands frequently or use hand sanitiser.

## Extra measures to protect infants

There are various ways in which you can reduce the risk of infection and protect infants:

- Avoid contact with anyone who has a cold.
- Choose activities where you only meet other people outdoors.
- Avoid spending time in crowded places.
- Consider allowing older siblings of infants under the age of six months to stay home from preschool when the risk of infection is at its highest.

Feel free to talk to the staff at your Child Welfare Centre if you have any questions. You can read more about RSV at 1177 Healthcare Guide.

/Central Child Healthcare Unit



Region Örebro län