



# Protect your child against RSV

Respiratory syncytial virus (RSV) infections, which cause cold-like symptoms, are common during wintertime. RSV infections can be especially problematic for children under six months of age.

## How to protect your child:

- Wash your hands often.
- Avoid contact with people with colds.
- Keep your distance from others, especially when indoors.
- Cough and sneeze into the crook of your arm or a tissue/handkerchief.
- Breastfeed your baby if possible. Breastfeeding helps reduce their risk of catching a cold.
- Don't smoke around your baby.
- Young children are most often infected by older siblings who attend preschool. If your child is less than six months old, it is wise to keep their older siblings home from preschool whenever there is an RSV outbreak.



Läs mer på [1177.se/Orebrolan/rs-virus-barn](https://1177.se/Orebrolan/rs-virus-barn)

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Region  
Örebro län