

# RSV IN KIDS

## a cheat sheet for parents

*always talk to your pediatrician for any questions/concerns*

### Don't panic

- Remember: Almost all children have been infected by age 2 years - and recover fully.
- Let go of the guilt. Kids get sick sometimes. Only so much is within our control. **Deep breath. You got this.**

### Gather supplies

- Saline
- Nasal suction implement (eg Nose Frida, netipot if older)
- Tissues/boogie wipes
- Fluids (and popsicles)
- Thermometer
- Fever-reducing meds
- Honey for kids over 1y
- iPad, books, toys, etc

Talk to your pediatrician to make sure there aren't specific considerations relevant to your kids (eg asthma; young infants)

### Focus on comfort

- As with most respiratory infections, focus on supportive care, including:
  - pushing fluids (tips on my website)
  - OTC meds as needed *for comfort*
  - Rest, TLC, and close monitoring

### Prevent snowballing

- Do what you can to limit spread: **wash hands with soap/ water**, wipe countertops, mask
- Keep your child at home!
- If someone in your family is high risk (infant under 6mo, elderly, heart/lung disease), try to isolate

see page 2 for more

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### Symptoms can vary and can linger up to 2 weeks

- Congestion/runny nose
- Cough
- Fever
- Wheezing
- Respiratory distress (rapid breathing, low oxygen)
- Fatigue
- Poor appetite/dehydration

### Expect it to worsen first

- In a typical case, **days 3-5 of illness are the low point. This is often (but not exclusively) when kids have respiratory distress,**
- Some red flags are listed but this list isn't comprehensive, esp for kids with underlying health issues.
- It is always better to **trust your gut** and call your pediatrician. We don't mind, I promise.

### Red flags

- Difficulty breathing  
(see *Instagram* for a video on how to assess this)
- Dehydration
- Lethargy
- Worsening symptoms
- Persistent fever (esp if not responsive to fever-reducing meds)
- **anything else that tickles your spidey sense.**

### Things to avoid

- nasal decongestants
- cough suppressants
- essential oils
- elderberry/other homeopathic supplements
- benadryl
- old antibiotics

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