

Transcript with Mara Bessine (pronounced buh-SEEN), APRN, OSF HealthCare

While there is no specific data, Bessine and other medical providers believe increased cases of RSV is a result of people resuming in-person gatherings.

“We’re getting out more. We’re returning to day cares we’re returning to school and all those things we were doing to prevent COVID, we’ve gotten a little lax on. We have returned to normal activities which has led to increased exposure to viruses of all kinds, which includes RSV.” (:19)

Parents should seek immediate emergency care if their child’s skin, mouth or fingernails are blue or they have problems breathing.

“If you see your child having difficulty breathing, or labored breathing, or shallow or rapid (breathing), those are signs you need to get your child to the emergency room.”(:09)

Some children are testing positive for both RSV and COVID-19.

“They have fared well, but it’s something to be aware of – that you can catch both of them right now with them both going around. So for young children, that’s a high risk for them to catch one, let alone both. This is where (we stress) the importance of hand hygiene, wearing masks if they’re at the age where they can, keeping away from crowds is very, very important.” (:22)

Bessine says it’s important for anyone with RSV to stay hydrated.

“The more fluids the better so that we can get the secretions out and that the mucus secretions are thinner and easier to manage. So, both for adults and young children, you have to watch for dehydration and that is a reason to get them to the hospital for IV fluids if we find they’re getting severely dehydrated.” (:18)