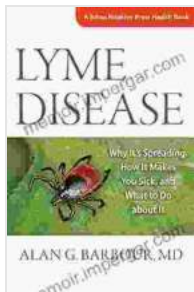


Why It's Spreading, How It Makes You Sick, and What to Do About It: The Essential Guide to Respiratory Syncytial Virus (RSV) from Johns Hopkins

Respiratory syncytial virus (RSV) is a common virus that causes respiratory infections. Most people infected with RSV will experience mild, cold-like symptoms. However, RSV can be serious, especially for infants and young children.

RSV is spread through contact with respiratory droplets from an infected person. These droplets can be inhaled or come into contact with the eyes, nose, or mouth. RSV can also be spread by touching surfaces that have been contaminated with the virus and then touching the face.



Lyme Disease: Why It's Spreading, How It Makes You Sick, and What to Do about It (A Johns Hopkins Press Health Book)

★★★★☆ 4.3 out of 5

Language : English
File size : 1899 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 333 pages



Symptoms of RSV typically appear within 4-6 days after exposure to the virus. These symptoms can include:

* Runny nose * Cough * Fever * Wheezing * Difficulty breathing

In most cases, RSV will resolve on its own within a week or two. However, in some cases, RSV can lead to more serious complications, such as:

* Bronchitis * Pneumonia * Hospitalization * Death

Why It's Spreading

RSV is a highly contagious virus. It is estimated that up to 90% of children will have been infected with RSV by the age of 2. RSV is most common during the fall and winter months.

There are several factors that contribute to the spread of RSV. These factors include:

* Close contact with infected people * Touching surfaces that have been contaminated with the virus * Spending time in crowded places * Not washing hands frequently

How It Makes You Sick

RSV infects the cells lining the respiratory tract. This infection can cause the cells to become inflamed and produce mucus. The mucus can block the airways, making it difficult to breathe.

RSV can also cause the immune system to overreact. This can lead to inflammation and swelling in the lungs. In severe cases, this inflammation

can lead to pneumonia.

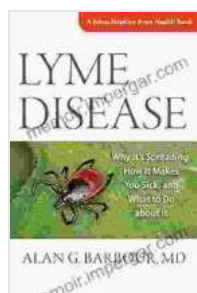
What to Do About It

There is no specific cure for RSV. However, there are several things that can be done to relieve symptoms and prevent complications. These things include:

* Staying home from work or school if you are sick * Washing hands frequently * Avoiding contact with people who are sick * Covering your mouth and nose when you cough or sneeze * Getting plenty of rest * Drinking plenty of fluids * Using a humidifier or vaporizer * Taking over-the-counter medications, such as acetaminophen or ibuprofen

In some cases, hospitalization may be necessary. This is typically the case for infants and young children who are at high risk for complications from RSV.

RSV is a common virus that can cause respiratory infections. Most people infected with RSV will experience mild, cold-like symptoms. However, RSV can be serious, especially for infants and young children. There is no specific cure for RSV, but there are several things that can be done to relieve symptoms and prevent complications.



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