



MedStar Family Choice

DISTRICT OF COLUMBIA

**Know the Facts.
Get Informed.
Be Empowered!**



Respiratory Syncytial Virus (RSV)

What is RSV?

A common respiratory virus that usually causes mild, cold-like symptoms. RSV is the most common cause of severe infections such as bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than one year of age in the United States.

What are Symptoms of RSV?

RSV infection usually will show within 4 to 6 days and include:

- Runny nose
- Decrease in appetite, less hungry than usual
- Coughing, Sneezing or Wheezing
- Fever
- Have no energy, decreased activity and/or act fussy or cranky
- Irritability
- Breathing difficulties

These symptoms usually appear in stages and not all at once. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults.

How to Treat RSV.

There is no specific treatment for RSV and most go away on their own, in a week or two. Take these steps to relieve symptoms:

- **Manage fever and pain** with over-the-counter fever reducers and pain relievers. Never give aspirin to children
- **Drink enough fluids.** It is important to drink enough fluids to prevent dehydration (loss of body fluids).
- **Talk to your healthcare provider** before giving your child nonprescription cold medicines. Some medicines contain ingredients that are not good for children.

Call your Doctor immediately if your baby or child:

- **Has trouble breathing.** Breathes slightly faster than normal and seems to be getting worse. Most healthy children breathe less than 40 times a minute.
- **Has cold symptoms** that become severe.
- **Has shallow coughing**, which continues throughout the day and night.
- **Has a poor appetite.**
- **Is not drinking enough fluids** or is being less active than usual.

Call 911 Immediately if:

Your child has severe trouble or difficulty breathing, with the following symptoms:

- Cannot eat or talk because he or she is breathing so hard.

- Has flared nostrils and the child's belly moves in and out with each breathSeems to be tiring out.
- Seems very sleepy or confused.
- Your child's breathing has stopped.

To find a doctor or schedule an appointment, please call: 844-391-6678. For Transportation, please call: 866-201-9974. For more information about events, programs and classes, please visit the MedStar Family Choice District of Columbia (MFC-DC) Enrollees Events and Outreach Programs website:

www.medstarfamilychoicecd.com/enrollees/events-and-outreach-programs

MedStar Family Choice District of Columbia complies with all applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

'영어로 대화를 못하시거나 영어를 읽지 못하시는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549 번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話。我們會有代表幫助您



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Choice

DISTRICT OF COLUMBIA



This program is funded in part by the
Government of the District of Columbia
Department of Health Care Finance.

WE ARE
WASHINGTON
DC
GOVERNMENT OF THE
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MURIEL BOWSER, MAYOR

It's how we treat people.