

Older Adults Are at High Risk for Severe RSV Illness

Respiratory syncytial virus (RSV) is a common respiratory virus that infects the nose, throat, and lungs.

How to Prevent RSV

RSV vaccination is recommended for:

- All individuals aged 75 and older.
- Adults ages 50-74 with risk factors for severe disease, such as chronic heart or lung conditions.

Vaccination can PROTECT against severe illness and the best time to get vaccinated is in late summer and early fall.

To prevent RSV individuals can:

- Wash hands **thoroughly** and **frequently** with soap and water.
- Cover coughs and sneezes with a tissue or sleeve, not your hands.
- Avoid close contact with people who are sick.
- Stay home when sick.
- Clean frequently touched surfaces at home and/or at work.

Risk Factors

Older adults are at risk if they:

- Are ages 75 and older
- Have a chronic heart or lung disease
- Have a weakened immune system
- Have certain other underlying medical conditions, including some adults with diabetes or obesity
- Are living in nursing homes

RSV can lead to serious complications.

- Asthma
- Chronic obstructive pulmonary disease (COPD) - a chronic disease of the lungs that makes it hard to breathe

- Heart failure - when the heart can't pump enough blood and oxygen through the body

Given that RSV is highly contagious and can cause severe respiratory illness, the most effective way you can protect yourself and others is to receive the vaccination.

Each year in the United States, an estimated 110,000-180,000 adults ages 50 and older are hospitalized due to RSV. Chronic heart or lung disease increase the severity for some individuals.

Work to keep yourself and those around you safe and prevent the spread of respiratory viruses, like **RSV.**

