



## How to help protect babies and kids from RSV: Suggested talking points

- **RSV is a respiratory virus that is [especially dangerous for babies](#) and young children.**
  - Symptoms in young children may include a runny nose, decreased eating and drinking, and coughing, which may lead to wheezing and difficulty breathing.
  - Infants with RSV may show symptoms like irritability, decreased activity and appetite, and life-threatening pauses in breathing (apnea) that last for more than 10 seconds. Most infants with RSV will not develop a fever.
  - Babies who are born prematurely, have weakened immune systems, or have chronic lung disease are more likely to become very sick.
  - RSV symptoms may be similar to symptoms of the common cold, the flu, and COVID-19. Get your child tested by a health care provider to confirm their diagnosis.
- **There are two ways to help protect babies from RSV: vaccination during pregnancy and giving babies nirsevimab, an RSV antibody shot.**
  - Pregnant people who receive an RSV vaccine [pass protective proteins](#) to the developing fetus. This helps protect babies from severe RSV during their first six months of life.
  - The CDC recommends that babies younger than 8 months whose gestational parent did not receive an RSV vaccine during pregnancy [receive nirsevimab](#) between October and March, when RSV typically peaks. This antibody shot delivers proteins that can help protect them against RSV.
  - Nirsevimab is also recommended for children between 8 and 19 months who are at increased risk of severe RSV, including children who are born prematurely, have chronic lung disease or severe cystic fibrosis, are immunocompromised, or are American Indians or Alaska Natives.
  - Pregnant people can receive an RSV vaccine [at most pharmacies](#) or from a health care provider. It's covered by most insurance plans. Those who are un- or underinsured or whose insurance plans do not cover RSV vaccination can explore coverage through state and local health departments, public insurance programs like Medicaid and CHIP, or pharmacy programs like GoodRx.
  - Nirsevimab is typically covered by insurance. Children who do not have access to immunizations through family insurance can receive nirsevimab [at no cost](#) through the [Vaccines for Children Program](#).
- **If someone in your household has RSV, watch for signs of severe illness and take steps to help prevent it from spreading.**
  - Children and adults who are sick with RSV are recommended to stay home and away from others.
  - If your infant or child has difficulty breathing or develops blue or gray skin, take [them to an emergency room](#) right away.



- People who are infected with RSV can [spread the disease](#) when they cough or sneeze; have close contact with others; or touch, cough, or sneeze on shared surfaces.
- Help protect your family from catching and spreading RSV at home and in public places by ensuring that everyone covers their mouths during coughing and sneezing, washes their hands often, and wears [a high-quality, well-fitting mask](#).



## How to help protect babies and kids from RSV: Frequently asked questions

### 1. What are the symptoms of RSV in babies and young children?

[RSV symptoms](#) in young children may include a runny nose, decreased eating and drinking, and coughing, which may lead to wheezing and difficulty breathing.

Infants with RSV may show symptoms like irritability, decreased activity and appetite, and life-threatening pauses in breathing (apnea) that last for more than 10 seconds. Most infants with RSV will not develop a fever. Babies who are born prematurely, have weakened immune systems, or have chronic lung disease are more likely to become very sick.

### 2. Who is eligible for an RSV antibody shot?

The CDC recommends that babies younger than 8 months whose gestational parent did not receive an RSV vaccine during pregnancy [receive nirsevimab](#) between October and March, when RSV typically peaks. This antibody shot delivers proteins that can help protect them against RSV.

Nirsevimab is also recommended for children between 8 and 19 months who are at increased risk of severe RSV, including children who are born prematurely, have chronic lung disease or severe cystic fibrosis, are immunocompromised, or are American Indians or Alaska Natives.

Nirsevimab is typically covered by insurance. Children who do not have access to vaccines through family insurance can receive nirsevimab [at no cost](#) through the [Vaccines for Children Program](#).

### 3. How can families help prevent RSV from spreading?

It's recommended that children and adults who are sick with RSV stay home and away from others. If your infant or child has difficulty breathing or develops blue or gray skin, take [them to an emergency room](#) right away.

People who are infected with RSV can [spread the disease](#) when they cough or sneeze; have close contact with others; or touch, cough, or sneeze on shared surfaces. Help protect your family from catching and spreading RSV at home and in public places by ensuring that everyone covers their mouths during coughing and sneezing, washes their hands often, and wears [a high-quality, well-fitting mask](#).