



TOGETHER
AGAINST
RSV

Keep Little Lungs

Safe from RSV

(Respiratory Syncytial Virus)



What you need to know



RSV is a common respiratory virus which causes infections of the nose, throat, and lungs.^{1,2}



Most RSV infections are mild but can lead to **severe illness in infants** younger than 1 year of age which may require hospitalisation.²



9 out of 10 infants are infected with RSV within the first 2 years of their life.¹



Spot the Signs & Symptoms

RSV symptoms can be difficult to distinguish from other illnesses like the common cold, flu or COVID-19. Symptoms usually include^{2,3}:



Runny
nose



Coughing and
wheezing



Irritability



Loss of
appetite



Decreased
activity



RSV Transmission



RSV spreads through droplets when⁴:



An infected person **coughs or sneezes** around you



Direct skin-to-skin contact (e.g. kissing your child)



Touching a contaminated surface (e.g. doorknobs)

Prevent and Protect Against RSV

Help prevent the spread of RSV by⁴:

- Covering your coughs and sneezes
- Washing hands frequently
- Disinfecting frequently-touched surfaces
- Staying away from others when infected



Protect your child against RSV through immunisation^{1,5}

Speak to your doctor to learn how you can protect your child against RSV

Find out more at
'Together Against RSV'



References: **1.** Mortensen GL, et al. *Arch Pediatr* 2024;31(8):484-92. **2.** Centers for Disease Control and Prevention. About RSV. Available at <https://www.cdc.gov/rsv/about/index.html>. Accessed on 23 Jan 2025. **3.** Centers for Disease Control and Prevention. RSV in infants and young children. Available at <https://www.cdc.gov/rsv/infants-young-children/index.html>. Accessed on 23 Jan 2025. **4.** Centers for Disease Control and Prevention. How RSV spreads. Available at <https://www.cdc.gov/rsv/causes/index.html>. Accessed on 23 Jan 2025. **5.** Centers for Disease Control and Prevention. Immunizations to protect infants. Available at <https://www.cdc.gov/rsv/vaccines/protect-infants.html>. Accessed on 23 Jan 2025.

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TOGETHER
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RSV

守护孩子的肺

远离RSV

(呼吸道合胞病毒)



重点剖析



RSV是一种常见的呼吸道病毒,可感染鼻腔、咽喉和肺部。^{1,2}



大多数RSV感染症状较轻,但对1岁以下婴儿有可能发展为严重疾病,甚至需要住院治疗。²



在孩子出生后的两年内,有**9成**会感染RSV。¹



如何辨别RSV的症状

RSV的症状与普通感冒、流感或COVID-19等疾病相似,因此不易区分。常见症状包括^{2,3}:



流鼻涕



咳嗽并
伴有喘息



易怒



食欲不振



活动量减少



RSV如何传播



RSV通常通过飞沫传染⁴:



患者在您周围咳嗽或打喷嚏



与患者发生直接皮肤接触 (如亲吻孩子)



接触被病毒污染的表面 (如门把)

如何预防并抵御RSV



以下措施可帮助减少RSV的传播⁴:

- 咳嗽或打喷嚏时掩住口鼻
- 勤洗手, 保持手部卫生
- 定期消毒经常接触的表面
- 若受感染, 应尽量避免与他人接触



通过免疫接种保护孩子免受RSV侵害^{1,5}

如需了解更多保护宝宝远离RSV的方法, 请咨询医生

更多资讯请关注
「Together Against RSV」



参考文献: **1.** Mortensen GL, et al. *Arch Pediatr* 2024;31(8):484–92. **2.** Centers for Disease Control and Prevention. About RSV. Available at <https://www.cdc.gov/rsv/about/index.html>. Accessed on 23 Jan 2025. **3.** Centers for Disease Control and Prevention. RSV in infants and young children. Available at <https://www.cdc.gov/rsv/infants-young-children/index.html>. Accessed on 23 Jan 2025. **4.** Centers for Disease Control and Prevention. How RSV spreads. Available at <https://www.cdc.gov/rsv/causes/index.html>. Accessed on 23 Jan 2025. **5.** Centers for Disease Control and Prevention. Immunizations to protect infants. Available at <https://www.cdc.gov/rsv/vaccines/protect-infants.html>. Accessed on 23 Jan 2025.

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Lindungi Paru-paru

Si Kecil daripada RSV

(Virus Sinsitium Pernafasan)



Apa yang anda perlu tahu



RSV adalah virus pernafasan yang biasanya menyebabkan jangkitan pada hidung, tekak dan paru-paru.^{1,2}



Kebanyakan jangkitan RSV adalah ringan, tetapi ia boleh menyebabkan **penyakit yang serius pada bayi bawah 1 tahun**, yang mungkin memerlukan rawatan di hospital.²



9 daripada 10 bayi dijangkiti RSV dalam tempoh 2 tahun pertama kelahiran mereka.¹

Perhatikan Tanda & Gejala

Gejala RSV boleh menjadi sukar untuk dibezakan daripada penyakit lain seperti demam selesema, selesema atau COVID-19. Gejala biasanya termasuklah^{2,3}:



Hidung berair



Batuk dan nafas berbunyi seperti bersiul



Mudah marah



Hilang selera makan



Penurunan aktiviti

Penularan RSV



RSV tersebar melalui titisan apabila⁴:



Seseorang yang dijangkiti **batuk atau bersin** berhampiran anda.



Sentuhan kulit ke kulit secara langsung (contohnya, mencium anak anda)



Sentuhan pada permukaan yang tercemar (contohnya, tombol pintu)

Cegah dan Lindungi Daripada RSV



Bantu mencegah penularan RSV dengan⁴:

- Menutup hidung dan mulut apabila batuk atau bersin
- Mencuci tangan dengan kerap
- Mendisinfeksi permukaan yang sering disentuh
- Menjauhi orang lain apabila dijangkiti



Lindungi anak anda daripada RSV melalui imunisasi^{1,5}

Bercakap dengan doktor untuk mengetahui cara melindungi anak anda daripada RSV

Ketahui lebih lanjut di 'Bersama Melawan RSV'



References: 1. Mortensen GL, et al. *Arch Pediatr* 2024;31(8):484-92. 2. Centers for Disease Control and Prevention. About RSV. Available at <https://www.cdc.gov/rsv/about/index.html>. Accessed on 23 Jan 2025. 3. Centers for Disease Control and Prevention. RSV in infants and young children. Available at <https://www.cdc.gov/rsv/infants-young-children/index.html>. Accessed on 23 Jan 2025. 4. Centers for Disease Control and Prevention. How RSV spreads. Available at <https://www.cdc.gov/rsv/causes/index.html>. Accessed on 23 Jan 2025. 5. Centers for Disease Control and Prevention. Immunizations to protect infants. Available at <https://www.cdc.gov/rsv/vaccines/protect-infants.html>. Accessed on 23 Jan 2025.

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