

October Health and Wellness Information



What is RSV?

RSV (respiratory syncytial virus) is a common, contagious virus that primarily affects the respiratory system. It spreads through droplets in the air from coughs or sneezes. RSV can also spread by touching contaminated surfaces then touching the face. The virus can live on surfaces like doorknobs or toys for several hours. RSV infections are most common from late fall to early spring. Symptoms are often mild and may include:

- Runny nose
- Cough
- Sneezing
- Headache
- Tiredness
- Fever
- Wheezing

Some people may develop more serious illness including pneumonia or a worsening of existing health conditions. People at higher risk of more serious sickness include:

- Infants in their first year of life
- Adults aged 75 and older
- People with chronic health conditions such as asthma, lung disease, heart disease, and diabetes
- People with weakened immune systems

Vaccines (for adults over 50 years) and antibody treatments (for infants) are available to help prevent serious illness.

Talk to your pharmacist to determine if an RSV vaccine is right for you!

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Vivanta preferred network solution pharmacies include:



To locate a PPN pharmacy near you visit 360healthpharmacy.ca



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