



INFORMATION FOR PARENTS

Protecting your child from infection

RSV is an infection that most older children and adults do not get very sick from, but the smallest children and the elderly may have complications that lead to hospitalisation.

What you can do all year round to protect your new-born child from infection:

- If possible, keep older siblings home from nursery school for the first 6 months as, in most cases, siblings bring home infections from nursery school and then infect the new-born.
- Be careful with hand hygiene, especially in case of own or siblings' symptoms of respiratory infection. Feel free to use both soap and hand sanitizer. If possible, try to separate the new-born from the infected.
- When the infant meets people outside the family – **strictly** avoid those who have an ongoing cold, cough, fever, or other infections.
- Avoid crowded places crowds such as supermarkets, shopping centres, etc.
- Give the child a smoke-free environment.
- Breastfeed if you can.

If the infant was born prematurely or has any serious heart/lung disease, there are reasons to be extra careful.

For more information about RSV and other infections, see 1177

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1177
VÅRDGUIDEN

 **Region
Värmland**