CHoR and hospitals across the country are seeing a surge in hospitalizations related to respiratory illnesses.

Follow these tips to help keep your family healthy:

Wash your hands

Wear a mask indoors (in crowded places like grocery stores or when on a bus or airplane) and avoid large crowds

Ensure your child is current on their immunizations, including COVID and flu vaccines

This information is does not replace the guidance of a medical professional.
In case of an emergency, call 911 or go to the nearest emergency room.

Care at home

Generally, if your child is experiencing mild cold-like symptoms, we recommend care at home (rest, fluids, etc.) before coming to the ER.

Call a health care provider if your child:

- Has a high fever (above 100.4) and is under 3 months of age
- Shows signs of dehydration (not urinating regularly, no tears with crying, etc.)
- Has a cough that gets worse or causes trouble breathing
- Uncharacteristically refuses to eat/drink/breastfeed/bottle-feed

Seek medical attention right away if your child has:

- Trouble breathing or blue lips/fingers
- Extreme lethargy or drowsiness
- Stridor (a high-pitched whistling sound when breathing)
- Respiratory distress (looks like pulling between the ribs, fast breathing, belly heaving, nostrils flaring)

Children's Hospital of Richmond at VCU

Scan QR code to learn more about RSV on our blog.