

# ARE YOU RSV AWARE?

Respiratory Syncytial Virus is a common cause of respiratory tract infections. RSV causes hundreds of infections across the UK each winter in the young and the old.

RSV usually causes a mild self-limiting respiratory infection in adults and children but can be severe in infants and older adults who are at increased risk of acute lower respiratory tract infection.

## Signs & Symptoms of RSV can be:

A runny or congested nose

Sneezing

A Cough

Tiredness

Low grade fever

## Health Prevention & Protection:

### Prevention:



Vaccination through the routine offer of a single dose at age 75 years will help protect eligible older adults.

All pregnant women from 28 weeks' gestation will be offered the vaccine.

### Protection:



The RSV vaccine gives good protection to individuals for at least two years.

For  
further  
information:

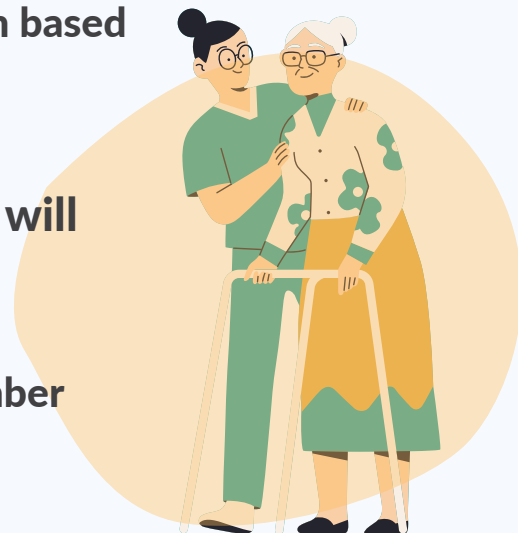
[www.nhs.uk/rsv](http://www.nhs.uk/rsv)

[healthprotection@lincolnshire.gov.uk](mailto:healthprotection@lincolnshire.gov.uk)

# Older Adults

To combat the significant health burden posed by RSV, a vaccination program is set to commence from 1 September 2024. The Joint Committee on Vaccination and Immunisation (JCVI) has recommended this program based on extensive clinical and epidemiological data.

The RSV vaccination program for older adults will target:



- Adults turning 75 years old on or after 1 September 2024 until their 80th birthday.
- Adults already aged 75 to 79 years as of 1 September 2024, until their 80th birthday or until 31 August 2025 if they turn 80 within the first year of the program .

RSV is a highly communicable virus, spreading through respiratory droplets from an infected person or contact with contaminated surfaces. The virus can survive on surfaces for several hours, increasing the risk of transmission.

Within our Adult Social Care settings we have one of the high risk groups of vulnerable adults. Care staff can take measures to help prevent the spread of RSV transmission, including:

- Practising good respiratory hygiene and encouraging residents/clients to also perform this,
- Regular hand washing with soap and water,
- Avoiding close contact with vulnerable individuals, especially those with weakened immune systems or existing health conditions if symptomatic.

**RSV Alert!**  
**Winter is RSV season.**