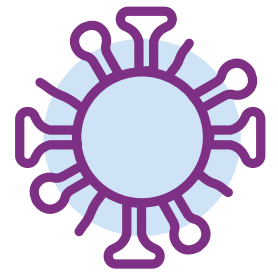


What is RSV?

- Respiratory Syncytial Virus (RSV) is a common respiratory virus that can infect airways and lungs
- RSV is usually seasonal but timing and how bad a season is can vary – in older Australians there were similar numbers of flu and RSV infections reported in 2023 based on the Australian Government's national disease surveillance data¹
- RSV is not a new virus but you may not have heard of it because testing may not be routinely done and symptoms can be similar to other viruses like flu and COVID-19
- Most people have a mild illness with cold-like symptoms but for some people, infection can lead to more serious illness and in rare cases can be life threatening



Who is at risk of serious RSV?

- Infants, older people and people who have problems with their heart, lungs or immune system have a higher risk of serious illness
- One study showed Australians 65 years or older were over 6 times more likely to be hospitalised with RSV than younger people²
- Older adults who suffer from a serious RSV illness have similar or worse outcomes compared to those with flu
- Medical conditions that increase risk of serious RSV infections include:
 - Lung Conditions: chronic obstructive pulmonary disease (COPD), asthma, bronchiectasis
 - Heart Conditions: congestive heart failure, coronary artery disease
 - Diabetes
 - Chronic Kidney or Liver Disease
- Aged care residents are especially prone to RSV as communal living can aid spread of the virus

How else might serious RSV illness impact you?

- Serious RSV illness can worsen existing conditions, such as COPD, asthma and congestive heart failure
- Some people report impacts on their social and physical activity months after infection
- In some cases, serious RSV can escalate the level of support services required



Help protect yourself against RSV

Speak to your healthcare professional about your risk for serious RSV and your prevention options. To learn more about RSV, visit [rsvexplained.com.au](https://www.rsvexplained.com.au) or scan the QR code.



References: 1. Australian Government Department of Health and Aged Care. National Notifiable Diseases Surveillance System (NNDSS) data visualisation tool. Available at: <https://www.health.gov.au/resources/apps-and-tools/national-notifiable-diseases-surveillance-system-nndss-data-visualisation-tool?language=en>. Access February 2024. 2. Saravanos, GL *et al.* *MJA* 2019;210:447-53.

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