



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – RSV and Flu in Kids

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[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Both RSV, which stands for Respiratory Syncytial Virus, and the flu occur in the winter months – usually between October and May – with a peak in January or February.

[DR. CARTER]

So, with a lot of the viruses that kids have to deal with – RSV, flu, common cold, things like that – once you get that virus, it doesn't mean you're necessarily going to have immunity to it, that you'll never get it again.

[NARRATOR]

Direct contact is the most common route of transmission of RSV and influenza. This includes contact with virus-containing secretions through sneezing, coughing and the touching of infected areas like furniture, clothes, toys or utensils. RSV can survive several hours on hands and infected areas. Influenza can also spread by small particle aerosols that are released into the air during breathing. Children are important vectors for the spread of both diseases.

[DR. CARTER]

The way to try and prevent both illnesses is number one making sure that all of the household members have had the flu vaccine will prevent as best you can your children from getting the flu or having severe symptoms from the flu. Frequent handwashing, hand sanitizing, things like that, will also help prevent your kids from getting sick.

[MUSIC] [NARRATOR]

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