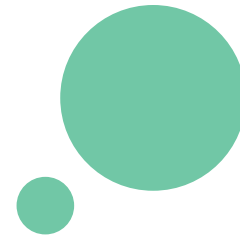


# RESPIRATORY SYNCYTIAL VIRUS (RSV) SYMPTOM TRACKER



RSV is unpredictable and all babies are at risk. We created a guide with information from the CDC to help you understand what your baby might experience as RSV progresses.

## DAYS 1-2

**What may be happening:**

- Baby inhales droplets containing RSV

**Symptoms can include:**

- No symptoms

## DAYS 3-5

**What may be happening:**

- RSV damages cells in the ear, nose, and throat

**Symptoms can include:**

- Congestion
- Runny nose
- Fever
- Irritability
- Decreased appetite

## DAYS 6-8

**What may be happening:**

- RSV infects cells deep in the lung

**Symptoms can include:**

- Cough
- Rapid breathing
- Wheezing and/or grunting noises
- Nasal flaring
- Abnormal chest movement when breathing

If you notice any of the following in your baby, contact their doctor right away:

- **Short, shallow, and abnormally fast breathing:** Look for chest wall retractions. Think of chest wall retractions as a “caving-in” of the chest in between and under the ribs.
- Your baby has a **wheezing** cough.
- **Nasal flaring:** When your baby’s **nostrils spread out** with every breath.
- Your baby is **unusually tired or has a blue tint** to their lips or fingernails.
- Your baby has **poor feeding**.
- **Your baby has a fever:** 100.4°F / 38°C or higher for a baby younger than 3 months. 102.2°F / 39°C or higher for a baby older than 3 months.

LEARN MORE ABOUT RSV AT [KNOWINGRSV.COM](https://www.knowingrsv.com)

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