

RSV season has arrived. Keep your little one(s) safe.

It's more than just the common cold – **RSV** can be very dangerous for infants and children under two.



Keeping your child safe is every parent's number one goal. RSV is the #1 cause of infant hospitalization. Take steps now to protect your little one.

THERE ARE TWO OPTIONS



Pregnant? Get the RSV vaccine during your third trimester to protect your baby. (Recommended between August and January.) If you received the vaccine during a previous pregnancy, there is no need to get it again.



Babies and children under 2 can directly get the RSV immunization. (Recommended between September and March.)

WHAT YOU NEED TO KNOW



While it may look like a common cold at first, RSV can quickly get much worse. If your baby is eating or drinking less or having a hard time breathing, contact your doctor immediately.



RSV can survive for hours on hard surfaces like tables and doorknobs. Wiping down surfaces and washing hands regularly can help reduce the spread of the virus.



People are contagious up to two days before they show symptoms and up to four weeks after symptoms go away, which is why getting vaccinated is so important.



Your child's health care provider is the best source for questions about RSV. Contact them directly.

The RSV vaccine is available at OBGYN, pediatrician, and other health care provider offices. Go to [MySpot.nc.gov](https://www.ncdhhs.gov/my-spot) to learn more about how to protect yourself and your family.