

RSV

Now, a Health Minute.

Most children get RSV before they turn 2. It's a virus that infects the lungs and airways, often causing a mild, cold-like illness.

But RSV can become severe in children who: Are younger than 6 months; Were born early or at a low birth weight; Have a heart or lung problem; Or have a weak immune system.

Your family may be more at risk for RSV during fall and winter, when it's most active.

To help protect your family from RSV: Get your baby vaccinated, wash your hands often; cover coughs and sneezes with a tissue or elbow, stay away from sick people, and clean high-touch surfaces, like doorknobs and mobile devices, often.