

# RSV - What You Need to Know

## What is RSV?

RSV, or respiratory syncytial virus, is a common virus that usually causes mild, cold-like symptoms. RSV can be dangerous and even deadly for babies, toddlers, and older adults.

### Every year in the US:

- Around 70,000 children under the age of 5 are hospitalized with RSV.
- Up to 160,000 adults 65 and older are hospitalized with RSV.
- Between 100 and 300 children die from RSV.
- Between 6,000 and 10,000 older adults die from RSV.

***We have treatments and vaccines to prevent these hospitalizations and deaths!***

## How can we protect babies and toddlers?

There are two options to keep infants younger than 8 months old protected from RSV:

### Monoclonal antibody treatments (nirsevimab and clesrovimab)

- Monoclonal antibody treatment is an infusion of antibodies that provide temporary protection against RSV
- Given during their first RSV season (usually October - March) to babies under 8 months old whose pregnant parent **did not receive** an RSV vaccine while pregnant (at least 14 days before giving birth)
- Provides immediate protection
- Protection lasts about 6 months

### Abrysvo

- RSV vaccine
- Given to pregnant people between 32 and 36 weeks of pregnancy
- Pregnant people should only be vaccinated once and do not need to be vaccinated in future pregnancies
- Provides immediate protection to newborns if it is given at least 14 days prior to birth.
- Protection lasts about 6 months
- Given fall through spring

## What are Monoclonal Antibodies?

- Monoclonal antibodies are special proteins created in a lab to help your immune system fight off diseases. They are different from vaccines.
- Vaccines teach your immune system to make its own antibodies when it encounters a virus, providing lasting protection over time. Monoclonal antibody treatments give you these antibodies directly.
- Nirsevimab and clesrovimab are monoclonal antibody treatments; they are also called “RSV preventative antibodies.”

## What are the options for high-risk babies?

Children ages 8 to 19 months at high risk can get nirsevimab for a second RSV season. Those at high risk include children born prematurely and children with certain health conditions. American Indian and Alaska Native children are also included in the high-risk category due to significantly higher rates of severe RSV disease and hospitalization in these populations.

## What about older adults?

There are three vaccines for adults 60 or older: Arexvy, mRESVIA, and Abrysvo. Immune systems weaken with age, meaning older adults are at increased risk from RSV. Adults 75 and older should receive a single dose of RSV vaccine, once in their lifetime. Adults 60-74 at high risk for RSV should also get vaccinated. This includes people with certain diseases, those with weakened immune systems, and those in nursing homes or long-term care facilities. Both vaccines are more than 80% effective at preventing RSV-related lung infections in the first RSV season after vaccination.

**These treatments and vaccines are essential to protecting those most at risk for severe RSV. We have more tools than ever to keep our communities safe!**

**Don't Forget About COVID and Flu Vaccines too!**

**#KeepCOHealthy**

### Sources

- <https://vaxopedia.org/2023/09/28/what-to-know-about-preventing-rsv-in-babies-and-toddlers/>
- <https://publications.aap.org/pediatrics/article/doi/10.1542/peds.2025-073923/203221/Recommendations-for-the-Prevention-of-RSV-Disease>
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