

Your experiences could be cut short by **RSV**

Respiratory syncytial virus (RSV) is a common, contagious virus that usually causes mild symptoms.

In older adults and adults with certain underlying conditions, RSV can cause severe infections.

RSV is a common and contagious virus

While RSV is not a new virus, it may be more of a health concern than you think—even if you're healthy.

Even the best-laid plans could be cut short by RSV. Symptoms of RSV can range from mild to severe and can last up to 2 weeks. RSV can cause severe symptoms in older adults.

The spread of RSV

- Similar to some other respiratory infections, a cough or sneeze can easily spread RSV
- People infected with RSV are usually contagious for 3 to 8 days
- Some adults with weakened immune systems can continue to spread the virus even after they stop showing symptoms, for as long as 4 weeks

People can get RSV multiple times throughout their lives, and RSV can be serious for older adults.

RSV SYMPTOMS MAY INCLUDE:

- Fever
- Sore Throat
- Headache
- Runny Nose
- Cough
- Congestion
- Tiredness



Did you know?

In the US, approximately **177,000 hospitalizations** in adults 65 years and older due to RSV are reported each year. Of those hospitalizations, an estimated **14,000 cases result in death.**

Being an older adult can put you at increased risk of severe infections from RSV

RSV usually causes mild symptoms but can cause severe infections that may lead to hospitalizations in adults 60 years and older.

RSV infection can cause serious complications, such as:

● **Pneumonia**

or exacerbation of:

● **Congestive heart failure (CHF)**

● **Asthma**

● **Chronic obstructive pulmonary disease (COPD)**

RSV and underlying conditions

RSV can cut anyone's plans short, but older adults and adults with certain underlying conditions are at an increased risk of severe infections from RSV.

RSV usually causes mild, cold-like symptoms but can still have a negative impact, especially if you're managing a cardiovascular or respiratory disease such as **COPD, asthma, or CHF**.

RSV infections can even lead to hospitalization for older adults and adults with certain underlying conditions.*

DIABETES

~2.4x or ~6.4x

more likely to be hospitalized (≥65 years)

CAD

~3.8x or ~6.5x

more likely to be hospitalized (≥65 years)

COPD

~3.5x or ~13.4x

more likely to be hospitalized (≥65 years)

ASTHMA[†]

~2.3x or ~2.5x

more likely to be hospitalized (≥65 years)

CHF

~4x to ~7.6x

more likely to be hospitalized (≥60 years)

*A prospective, population-based, surveillance study was conducted to estimate the incidence of RSV hospitalization among adults ≥18 years overall and those with specific comorbidities. Active and passive surveillance identified 1099 adults hospitalized with RSV in 2 geographical areas (Rochester and New York City) over 3 RSV seasons. The incidence rate ratios presented above are not a range, but rather observations from 2 different locations comprised of the surveillance area. Estimated incidence rates for all comorbid conditions increased with age.

[†]Incidence rate ratio in Rochester for hospitalizations related to asthma was not considered to be statistically significant.

CAD=coronary artery disease; CHF=congestive heart failure;
COPD=chronic obstructive pulmonary disease;
RSV=respiratory syncytial virus.

Talking to your doctor about RSV

Vaccination is available to help protect older adults against RSV infection.

Below are a few questions to help you start the conversation with your doctor.

- As an older adult, how concerned should I be about RSV?
- What is my risk of complications due to RSV?
- How could RSV impact my underlying condition?
- Is RSV vaccination appropriate for me?

To get the most out of your appointment, remember to write down any questions you may have and take notes.

How can you prevent RSV?

Some ways you can help prevent RSV infection are to:



Wash your hands



Keep your hands off your face



Avoid close contact with sick people



Cover your coughs and sneezes



Clean and disinfect surfaces around you



Stay home when you're feeling sick

Discover more questions to ask your doctor or pharmacist and additional resources at **RSVandME.com**



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RSABROC230004 May 2023
Produced in USA. 0002-0023-67