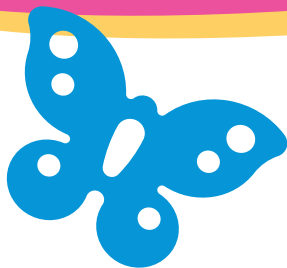


JANUARY

# Children's Health Tips

brought to you by Sutter Roseville Medical Center



Sutter Roseville Medical Center provides women and children in Placer County advanced medical care in a family-centered environment. Sutter Roseville's renowned Family Birthing Center, which was recently updated and expanded, is the only one in the Sacramento region to receive the Maternity Care Excellence Award and a five-star rating from the national consumer group HealthGrades for two consecutive years (2009/2010). In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies that need specialized care.



*Sutter Roseville  
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## Facts about Respiratory Syncytial Virus

Respiratory syncytial virus (RSV) causes infection of the lungs and breathing passages and is a major cause of respiratory illness in young children. RSV infections can lead to serious illnesses in premature babies and children with diseases that affect the lungs, heart or immune system.

RSV is highly contagious and can be spread person-to-person through coughing or sneezing. The virus can also live on surfaces such as countertops or doorknobs, and on hands and clothing.

RSV infections often occurs from late fall through early spring. Respiratory illness caused by RSV such as bronchiolitis or pneumonia usually lasts about a week.

### Prevention

- Frequent hand washing
- Keep children with cold symptoms away from others
- At-risk children can be given a monthly injection of a medication consisting of RSV antibodies during peak RSV season

### Treatment

- Most cases of RSV are mild and require no specific treatment from doctors
- Use a cool-mist vaporizer to help your child breath easier
- Provide plenty of fluids
- If your child is uncomfortable and too young to blow his or her own nose, use a nasal aspirator (or bulb syringe) to remove sticky nasal fluids
- Treat fever using a non-aspirin fever medicine like acetaminophen

### Call the doctor if your child has any of these symptoms:

- High fever with ill appearance
- Thick nasal discharge that is yellow, green or gray
- Worsening cough or cough that produces yellow, green or gray mucus
- If you think your child might be dehydrated
- If your baby is unusually irritable, inactive, or refuses to breastfeed or bottle-feed

**Seek immediate medical help if you feel your child is having difficulty breathing or is breathing very rapidly, is lethargic, or if his or her lips or fingernails appear blue.**

