

# Be RSV Aware

Respiratory syncytial virus (RSV) is a common cause of infection that usually results in mild, cold-like symptoms. Most people recover within a week or two by resting at home.

However, in some people, RSV can cause severe complications, such as breathing difficulties and admission to hospital. The chances of experiencing complications are higher if you're aged 60 years or older, or if you have certain medical conditions or other risk factors.

But the good news is that there are steps you can take to help prevent RSV infection. Some examples include washing your hands, avoiding close contact with sick people, and cleaning surfaces that may have been contaminated with the virus.

## Start a conversation with your healthcare professional

1. Complete the questionnaire below
2. Print or save a copy as a record of your risk factors
3. Discuss the results with your doctor, nurse or pharmacist

### What is your age?

I am 60–74

I am 75 or older

### Are you of Aboriginal or Torres Strait Islander origin?

Yes

No

### Do you have any ongoing health issues?

Please select any that apply.

Heart condition

Diabetes

Weakened immune system

Obesity

Breathing or lung condition

Cancer

Kidney condition

Nervous system condition

HIV

### Do you take any medicines that affect your immune system?

For example, medicines for an autoimmune condition, such as rheumatoid arthritis, inflammatory bowel disease or psoriasis.

Yes

No