

# Reducing the risk: Respiratory Syncytial Virus (RSV)

RSV is a common virus that can cause a mild cold, or severe infection of the **airways and lungs** (bronchiolitis or pneumonia).

**Premature babies are at higher risk.**



The nirsevimab injection (needle) helps to **reduce the risk of hospitalization** from a **severe RSV infection**.

## Important to know:

Ask your healthcare provider or your baby's nurse for more information.

**The RSV season varies across Canada**, generally from November to April.

**Born during the RSV season?** Babies should receive protection as soon as possible to reduce risk of RSV.

**Born before the RSV season?** It is important for babies to get the injection before the RSV season starts.

**Nirsevimab is recommended for all babies** who are less than 8 months of age\* at the start of their first RSV season.

*\*may vary across Canada*

## Nirsevimab - what you need to know:

It is not a vaccine. Nirsevimab is a **long-acting antibody that protects against RSV infection**.

It is given as a **one-time injection, only in your baby's first RSV season\*** to protect for at least 5 months.

*\*some babies with specific medical conditions may receive a second injection in the following RSV season*

## Important ways to reduce the risk:

- ✓ **Always wash your hands** before touching your baby
- ✓ **Provide breastmilk** for your baby, if you can
- ✓ **Avoid kissing your baby** if you have cold
- ✓ **Keep anyone with a cold away** from your baby
- ✓ **Avoid crowded areas** or social gatherings
- ✓ **Protect your baby from second hand smoke**
- ✓ **Keep your baby's immunizations up-to-date**



See our handbook for more: [tinyurl.com/reducing-risk](https://tinyurl.com/reducing-risk)

Contact your Healthcare Provider to learn more.

Name:

Contact:



Visit us online for more information on how to reduce the risk of RSV to your baby, plus other useful resources and programs focused on premature babies and their families.

**CPBF**  Canadian Premature Babies Foundation  
[canadianpremies.org](https://canadianpremies.org)