

HOW TO AVOID CATCHING AND SPREADING RSV

RSV is spread in the coughs and sneezes of someone who has the virus.

It can cause pneumonia and be life-threatening to babies and over 75 year olds.

WHAT YOU CAN DO:

- Wash or wipe down toys and clean surfaces regularly.
- Try to avoid touching your eyes, nose or mouth if your hands are not clean.
- Use disposable tissues and throw them away as soon as you've used them.
- Try to keep newborn babies away from anyone with a cold or the flu – especially if they were born prematurely or have serious health conditions.

You can also [click here](#) for more information