

Pre-baby checklist:

☒ Set up nursery

☒ Buy car seat

☐ Learn about **RSV** in babies



Talk to your antenatal
care provider about RSV

What is respiratory syncytial virus (RSV)?

RSV is a common infection that usually causes mild, cold-like symptoms. Most people recover within a week or two by resting at home.

However, it's important to note that RSV can cause serious illness in infants, especially babies under six months old.



What are the symptoms of RSV in babies?

RSV is the most common cause of bronchiolitis and pneumonia in infants. It often starts with symptoms that are similar to a cold, making it difficult to recognise. Symptoms can include a runny nose, cough and fever.

Some other symptoms to look out for in babies include:



Decreased
appetite



Irritability



Decreased
activity



Difficulty
breathing

If your baby has RSV, continue to provide fluids at regular intervals (e.g. breast milk, formula or water, according to age and preference). Once symptoms have passed and your baby feels well again, they can return to normal activities, such as childcare and playing with other children.

Please note that this is not an exhaustive list of symptoms - always seek advice from a healthcare professional.

When is urgent medical care required?

Signs and symptoms of severe respiratory illness arising from an RSV infection include:

- Difficulty breathing
- High fever
- Pale or blue-tinged skin
- Wheezing or worsening cough
- Chest muscles pulling inward with each breath



If the above symptoms of severe respiratory illness occur, **call 000** or go to your nearest hospital emergency department.

What can you do to help prevent RSV?

Be aware that RSV is highly contagious

RSV spreads quickly and easily, especially between siblings and other family members. It can travel through the air when an infected person coughs or sneezes. Infection can also occur through contact with surfaces the virus has landed on, such as tables or cot railings.

Help stop the spread

- Stay at home when sick
- Cover your coughs and sneezes
- Wash your hands often
- Clean and disinfect surfaces
- Avoid close contact with sick people

RSV facts and figures



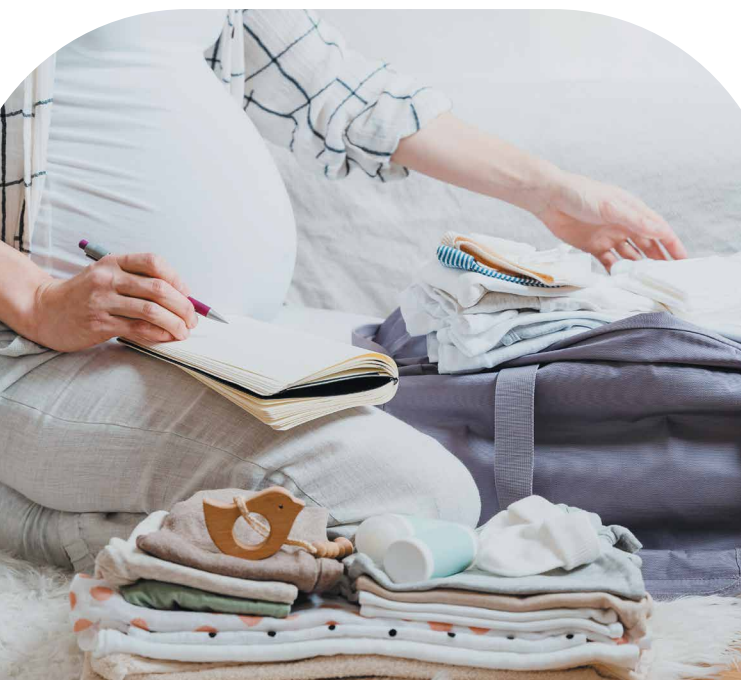
Most young children will experience an RSV infection by two years of age



RSV is a leading cause of hospitalisation in infants under 12 months old



Three-quarters of hospitalisations in infants under 12 months old occur in those less than six months old



Speak to your doctor, nurse,
midwife or pharmacist to
learn more about RSV
and what you can do
to help prevent it.



Find out more at
rsvaware.com.au

Please note that this leaflet is intended to provide general education on RSV. For more information or medical advice, please consult a qualified healthcare professional.

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