

IN THIS ISSUE: Respiratory Syncytial Virus (RSV)

INCREASED RESPIRATORY SYNCYTIAL VIRUS IN WASHOE COUNTY

Respiratory Syncytial Virus (RSV) is a viral illness that is commonly seen in young children. Older children and adults can also contract this virus. Symptoms can consist of runny nose, cough, fever and sneezing. Irritability and breathing difficulties may be seen in young infants. The incubation period for RSV is 2-8 days.¹ The peak RSV season is roughly November to April.

RSV CASES IN WASHOE COUNTY

For the 2016-17 RSV season, Washoe County had its first case reported week #43 (10/23-10/29/16). Sporadic cases had been reported until the case count more than doubled between week #52 (12/25-12/31/16) with 14 cases and week #1 (1/1-1/07/17) with 37 cases. Since week #1, case counts have steadily increased with 73 reported in week #5 (1/29/17-2/4/17). To date, there have been three RSV outbreaks reported in childcare facilities.

TREATMENT

Currently, there is no vaccine for RSV. Also there is not an effective treatment, so supportive care is recommended. Since RSV is a viral illness, antibiotics are not necessary unless there is a co-infection that requires them. Symptoms of RSV can last up to 1-2 weeks.

For infants and young children at high risk of being hospitalized for a RSV infection, Palivizumab, a monoclonal antibody, is available for immunoprophylaxis. During RSV season, monthly intramuscular injections can be provided to those meeting the criteria for prophylaxis. For more information visit-

<http://pediatrics.aappublications.org/content/134/2/415.full>

WHAT ARE DOCTORS TO DO?

RSV surveillance alerts public health officials and clinicians to times when respiratory infections might be attributed to RSV and when patients at high risk for severe complications of infection might need RSV immunoprophylaxis.²

REPORT

- Report cases of RSV to the Washoe County Health District (WCHD) by fax **775-328-3764** or call **775-328-2447**. RSV is a reportable condition per Nevada law NAC 441A.
- It is also a provider's duty to report suspected outbreaks. For example, if multiple patients that attend the same daycare are diagnosed with the same illness, they should be reported to WCHD.
- For RSV outbreaks, WCHD staff may request additional information on patients, such as office visit notes or H&P.

DIAGNOSTIC TESTS

When RSV is suspected, three diagnostic tests are available to assist with diagnosis.

- Respiratory Syncytial Virus (RSV) Rapid Test
- Respiratory DFA test (Direct Fluorescent Antibody)
- Viral Respiratory Culture

EDUCATE

- Educate patients and/or parents about the transmission of RSV. Emphasize the importance of hand washing, cough etiquette, and social distancing to prevent the spread of the disease.

References

1. <https://www.cdc.gov/rsv/about/symptoms.html>
2. <https://www.cdc.gov/rsv/research/us-surveillance.html>

