

Health Highlights: RSV vaccine & keeping kids safe
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ANCHOR INTRO:

EVERY YEAR MORE THAN TWO MILLION PEOPLE HEAD TO THE DOCTOR'S OFFICE BECAUSE THEY HAVE RESPIRATORY SYNCYTIAL **(SIN-SIH-SHULL)** VIRUS... OR R-S-V. THIS DOESN'T INCLUDE THE 60-80 THOUSAND HOSPITALIZATIONS OF KIDS UNDER 5 YEARS OLD. SO HOW CAN WE PROTECT OUR KIDS THIS WINTER SEASON? OSF HEALTHCARE'S TIM DITMAN HAS THAT AND MORE IN TODAY'S HEALTH HIGHLIGHTS.

<<(TRACK: KIDS IN THE CLASSROOM – AND PACKED HOLIDAY GATHERINGS ARE A COCKTAIL FOR SEASONAL COLDS AND VIRUSES... INCLUDING R-S-V. MOST SYMPTOMS ARE MILD... LIKE A COLD. YOU CAN HAVE A FEVER... RUNNY NOSE... OR COUGH. IT CAN BECOME MORE SERIOUS... THOUGH... IF YOU HAVE SHORTNESS OF BREATH... A HIGH FEVER... WHEEZING... AND A BLUISH TINT TO YOUR SKIN. DR. KINNERA ARE **(KIH-NAIR-UH AH-REE)** ... A PEDIATRICIAN WITH OSF HEALTHCARE... SAYS PROPER HAND HYGIENE AND STAYING HOME IF YOU DON'T FEEL WELL ARE A GOOD START TO PROTECTING YOUR KIDS.

***** SOUNDBITE *** Dr. Kinnera Are , OSF HealthCare Pediatrician**

“Some of the things we can do to really increase our immunity is making sure these kids are sleeping well at night and making sure we’re eating healthy, nutritious food as well.” (:09)

R-S-V IS EXPECTED TO BE A PROBLEM THROUGHOUT THE WINTER. HANNAH HIGH... AN ADVANCED PRACTICE REGISTERED NURSE WITH O-S-F HEALTHCARE SAYS IT'S ALSO IMPORTANT TO FOLLOW THE LATEST VACCINE GUIDANCE.

*****SOUNDBITE*** Hannah High, OSF HealthCare Advanced Practice Registered Nurse**

“A lot of vaccines have been thrown at us the last couple years. People may be hesitant. But the RSV vaccine is a good one. I would recommend it.” (:08)

HIGH SAYS TALK TO YOUR PRIMARY CARE PROVIDER ABOUT THE R-S-V VACCINE TO SEE IF IT'S RIGHT FOR YOU. SHE SAYS... IF YOU CAN... SPACE OUT YOUR VACCINES THIS COLD WEATHER SEASON.

WITH TODAY'S HEALTH HIGHLIGHTS – I'M TIM DITMAN.)>>