

RSV and the Holidays (*Interview Transcripts*)

Dr. Safiat Amuwo, Internal Medicine Pediatric Physician, OSF HealthCare

“Similar to other viruses they can present with cough, congestion, runny nose, and fever. However, with RSV, the symptoms seem to worsen on day three to five.” (:13)

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“Signs or symptoms to look out for are head bobbing and if a child has excessive head bobbing after each breath, flaring of their nostrils, chest retractions or increased work of breathing, poor feeding, they are lethargic, they are not easily arousable – these are some signs that they may be tiring out.” (:31)

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“In high risk populations, especially infants who are premature or who have some history or bronchopulmonary dysplasia, it is recommended to avoid daycares if possible.” (:13)

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“A humidifier, specifically a cool mist humidifier, can help relieve some symptoms. However if a child has underlying asthma or allergies, sometimes a humidifier can actually worsen their symptoms.” (:14)

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“If parents see that their child has respiratory distress – which includes the increased work of breathing, grunting, head bobbing, chest retractions, nasal flaring – those are more concerning signs so that would be more of a reason to be evaluated in an emergency room.” (:20)