



What you need to know about the **RSV vaccine (respiratory syncytial virus)**

RSV is a virus that affects the respiratory system with symptoms similar to a common cold. It spreads through close contact with an infected person or by touching contaminated objects. Vaccination is the best way to avoid RSV. To learn more, read the questions and answers below. Talk to your primary care provider to make sure your family is up to date on RSV immunization and other recommended vaccines.

Who should get the RSV vaccine?

Anyone can get sick with RSV and spread it to others. For many people, symptoms are mild. However, for babies, older adults, people who are immunocompromised, and people with lung or heart disease, RSV can cause serious illness that may require hospitalization. Therefore, the vaccine is recommended for adults over 60 and babies 0-8 months (or 19 months with certain conditions). It is also recommended for pregnant women (see below).

Is the RSV vaccine approved for pregnant women?

RSV vaccination during pregnancy can protect babies from getting RSV. It is safe to get the RSV vaccine while 32-36 weeks pregnant.

When should I get the RSV vaccine?

The best time to get the RSV vaccine is as soon as you are eligible, especially before or during cold winter months when the virus is circulating. If you are currently experiencing severe illness, it's best to wait until you feel better.

Are there side effects from the RSV vaccine?

Mild side effects like muscle and joint pain, headache, or sleepiness are common and last only a few days. Over-the-counter medicine can help with these symptoms. Severe side effects from the RSV vaccine are very rare.

Who should avoid getting the vaccine?

If you have had an allergic reaction to any ingredient of the RSV vaccine, you should not be vaccinated. Before vaccinating, talk to your primary care doctor about prior health conditions and allergies.

To learn more about the RSV vaccine or other routine immunizations for your family, talk to your primary care provider or visit beimmunekansas.org.

