

# I Tested Positive for RSV. Now What?

If you tested positive for RSV, take the following steps to feel better and avoid spreading RSV to others.

## First Steps

- **Gather Your Recovery Essentials:** Ensure you have a thermometer, masks, plenty of fluids, and an over-the-counter pain reliever or fever reducer to manage symptoms, minimize the spread, and aid recovery. Consider informing a healthcare provider to receive specific recommendations based on your symptoms and health history.
- **Let Your Close Contacts Know You Tested Positive for RSV:** Contact those you've recently spent time with and let them know they should stay home and away from others if they experience any RSV symptoms.



## Taking Care of Yourself

- **Stay Home and Keep a Distance from Others:** Except for when seeking medical care, stay home and away from others as much as possible, including the people you live with. Prevent the spread of RSV by increasing hygiene measures like covering your cough, frequently washing your hands, sanitizing surfaces, and using an air filter. If you must go out in public, consider wearing a mask, particularly while indoors.
- **Track Your Symptoms:** Monitor how your symptoms progress over the next few days. RSV symptoms for adults may include a runny nose, lower appetite, coughing, sneezing, fever, and wheezing. Some adults may have no symptoms at all.

[Infants and young children with RSV](#) usually show symptoms. In children under six months, RSV symptoms may include irritability and a decrease in eating, drinking, and activity.

Most people infected with RSV will experience mild illness and recover within one to two weeks at home. However, infants, young children, older adults, and certain groups are at higher risk for [severe RSV disease](#).

- **Know When to Get Help:** Seek medical care if you or someone you are caring for experiences worsening symptoms, including difficulty breathing and not drinking enough fluids.

## Getting Back to Normal

- **Rejoining Normal Activities:** You may go back to normal activities when your RSV symptoms are getting better, and you have not had a fever without fever-reducing medication for 24 hours.

For the first five days after returning to normal activities, take more precautions, such as extra handwashing and keeping your distance, especially around young children and older adults.

- **Preventing Future Infections:** Like other respiratory illnesses, RSV spreads in the fall and winter and usually peaks in December and January. Talk to a healthcare provider about receiving an RSV vaccine or antibody if you are:

- 75 years or older
- 60-74 years old with other health conditions
- Pregnant or planning to become pregnant
- A parent of a baby under 8 months old
- A caregiver of an infant or child under two years old

For all others, frequent handwashing, covering coughs and sneezes, sanitizing surfaces, and avoiding direct contact with people when sick can protect you and others against RSV during the peak respiratory illness season.