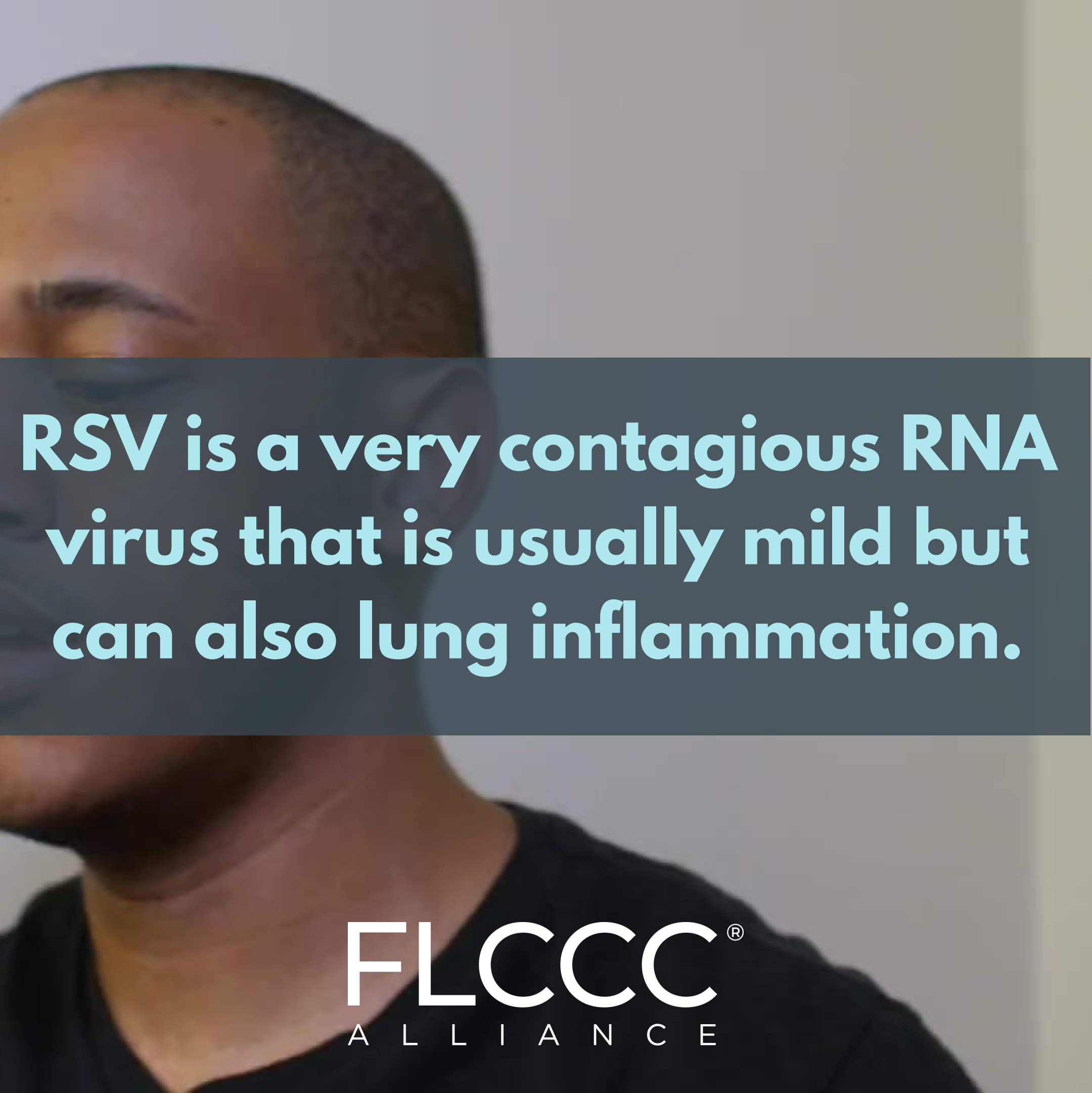




What is Respiratory Syncytial Virus (RSV)?

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RSV is a very contagious RNA virus that is usually mild but can also lung inflammation.

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A photograph of four children sitting on a wooden bench in a classroom. From left to right: a girl with blonde hair and a yellow headband, a boy with red hair, a girl with long brown hair, and a boy with brown hair. They are all looking towards the camera. The background shows a white wall, a green chalkboard, and a shelf with yellow containers. A semi-transparent dark blue banner is overlaid across the middle of the image, containing white text. At the bottom, there is a logo for FLCCCC Alliance.

RSV is also called croup or bronchiolitis in children.

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The most high risk people for severe infection are:

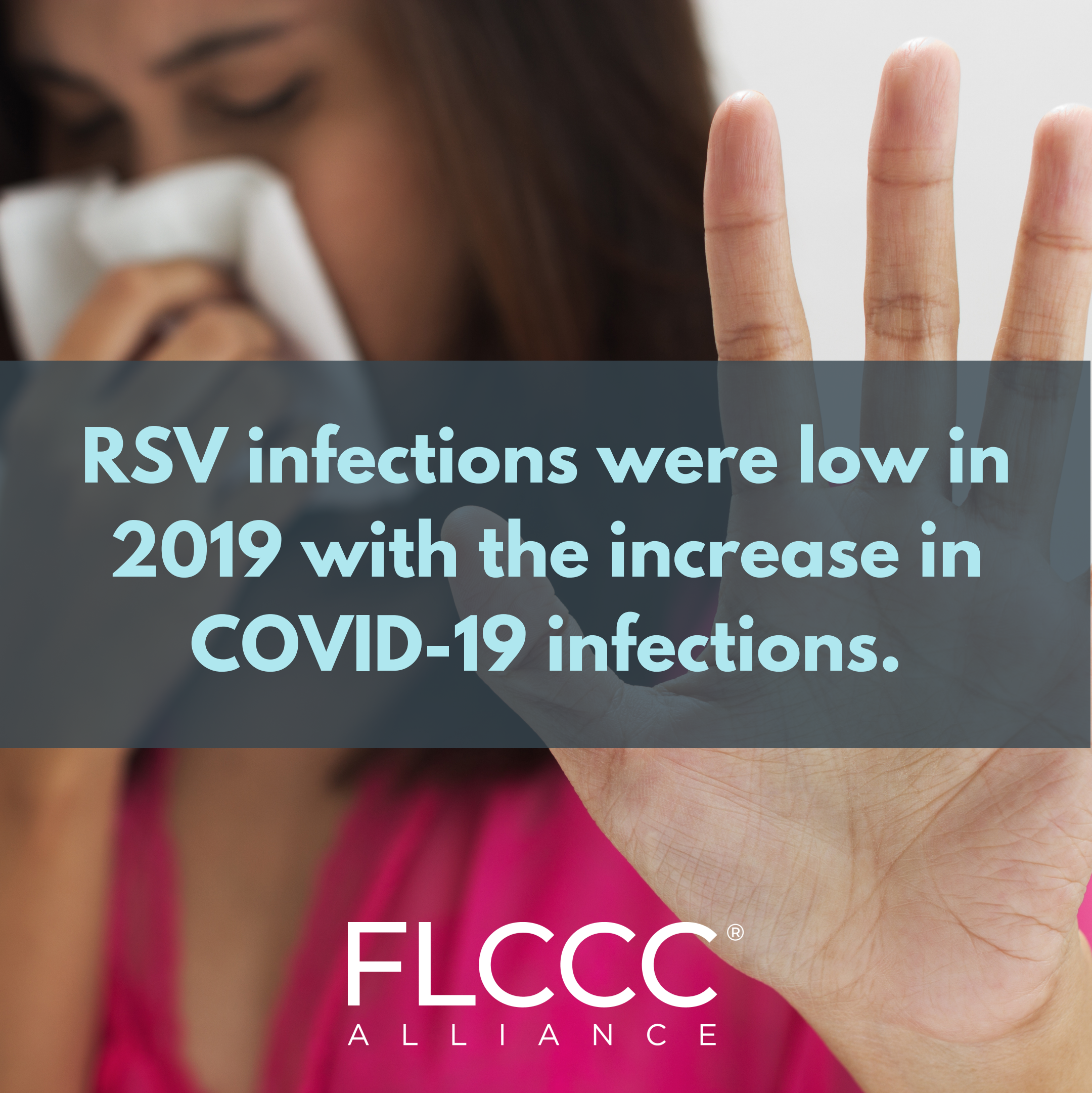
- **infants**
- **the elderly**
- **people with chronic heart and lung disease**
- **people with weakened immune systems**

Symptoms of RSV can last 2 weeks and include:

- increased mucous
- cough
- runny nose
- congestion
- sinus and ear involvement


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A woman with long dark hair is holding a baby wrapped in a white blanket. Her eyes are closed, and she has a gentle expression. In the foreground, a hand is held palm up, with fingers spread, partially obscuring the woman's face. The background is a soft, out-of-focus light color.

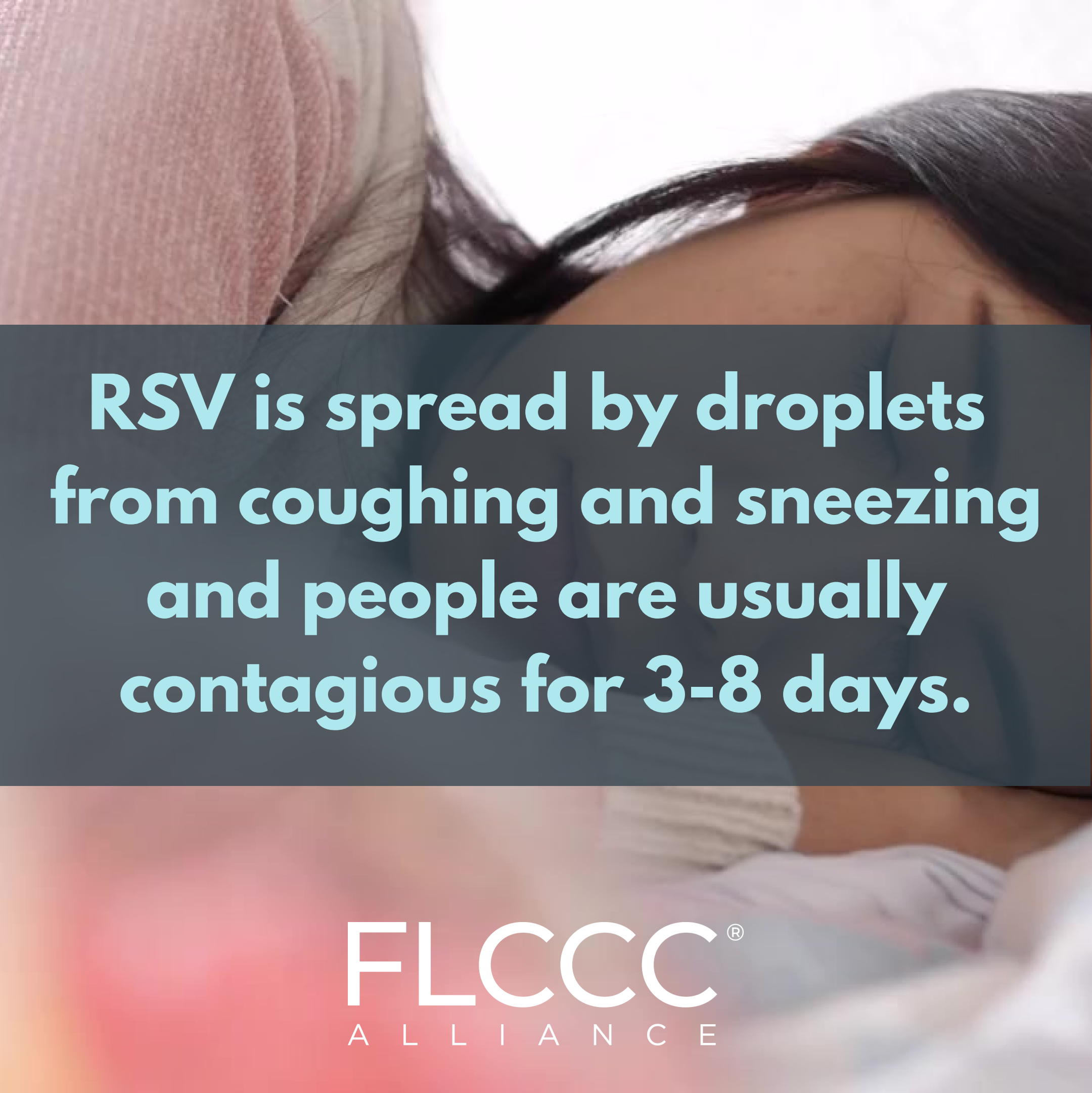
**RSV infections were low in
2019 with the increase in
COVID-19 infections.**

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A man with short, light-colored hair, wearing a blue button-down shirt, is looking down at a document he is holding with both hands. The background is a blurred office setting with a window showing a view of a building.

There is now an increased incidence in adult RSV infections which began climbing in the summer of 2022.

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**RSV is spread by droplets
from coughing and sneezing
and people are usually
contagious for 3-8 days.**

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The FLCCC has treatment protocols for both prevention and treatment of RSV.

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**Always check with a
healthcare provider before
starting a new treatment.**

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Things you can do at home:


- povidone iodine nasal spray
- mouthwash
- elderberry supplements or syrup
- vitamin C
- zinc
- NAC supplements

Treatments that are kid friendly:

- echinacea supplements
- elderberry supplements
- garlic
- oregano oil
- vitamin A
- vitamin D
- zinc supplements

Get out in the sunlight and fresh air for 30 min/day or in regions with less sunlight you can use photobiomodulation with light therapy for 30 min/day.


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**Medicines available from your
healthcare provider or through
a telemedicine provider if your
symptoms progress:**

- **Nitazoxanide** • **Ivermectin**

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**Have your vitamin D levels
checked prior to becoming ill
and supplement with vitamin
D3/K2 if needed.**

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A person with dark hair, wearing a blue long-sleeved shirt, is shown from the side, performing a yoga or stretching pose on a dark mat. Their hands are clasped together on the floor, and their head is bowed. The background is a plain, light-colored wall.

Take control of your health.

**For more information:
FLCCC.NET/PROTOCOLS**

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