



GRAND COUNTY PUBLIC HEALTH

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November 1, 2022

Public Health Advisory Notice for Grand County, Colorado

The Colorado Department of Public Health and Environment is monitoring an increase in hospitalizations and outbreaks for Respiratory Syncytial Virus (RSV). Health care providers, including primary care and pediatric providers, can play an active role in helping families determine the best ways to help children with RSV, including home management and when a child should be seen in the clinic, urgent care, or emergency room. Cases are occurring earlier than usual in the respiratory illness season. CDPHE is supporting the coordination of hospitals as they plan for the possibility of more cases.

Currently, 95% of hospitalizations are among children. Additionally, CDPHE has seen a sharp increase in reported RSV outbreaks occurring in child care and school settings, with 42 confirmed outbreaks reported Statewide since Oct. 1, 2022. Among these outbreaks, more than half have had at least one person involved in the outbreak seek care at a hospital.

Child care centers and schools can also play an active role in preventing the spread through increased handwashing, disinfecting surfaces and areas, and strict adherence to and implementing their illness policies.

Hospital reports indicate that the increase in RSV cases is putting a strain on the pediatric hospital system. The state is coordinating across all hospitals to protect hospital capacity.

Respiratory Syncytial Virus (RSV)

RSV is a common respiratory virus that spreads by inhaling or having contact with virus-containing droplets (typically through the mouth, nose, or eyes) produced by a person with RSV infection when talking, coughing, and sneezing. While most people who get RSV will only have cold symptoms, it may be more severe in infants and young children, as well as older adults.

Symptoms can include a runny or stuffy nose, sneezing, or coughing, and can also include fever, decreased appetite, and difficulty breathing or wheezing. RSV causes respiratory tract illness in people of all ages, but infants, young children, and older adults are at

greater risk of severe illness from RSV. RSV is typically more common in the late fall, winter, and early spring.

Incubation period (Time between exposure and illness onset) is 4-6 days.

Transmission can occur through cough or sneeze droplets entering into mucous membranes like eyes, nose and mouth. The virus does survive on hard surfaces for several hours and soft surfaces for a few hours. RSV is a common respiratory virus in fall and winter months.

Prevention:

- ❖ Cover coughs and sneezes with a tissue or upper arm
- ❖ Wash your hands with soap and water or alcohol-based hand sanitizer with at least 60% alcohol.
- ❖ Avoid sharing cups and eating utensils and touching your face
- ❖ Clean high touch surfaces frequently with disinfectant
- ❖ Stay home when sick

Stay diligent and stay safe!

Sincerely,



Abbie Baker-MPH, CHES
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