

RSV and underlying conditions

RSV can affect anyone, but older adults and adults living with certain underlying conditions are at an increased risk of severe respiratory infections from RSV.¹⁻²

RSV usually causes mild, cold-like symptoms but can still have a negative impact, especially if you're managing a cardiovascular or respiratory disease, such as **COPD, asthma, or CHF.**²⁻⁴

RSV infections can even lead to hospitalization for older adults and adults living with certain underlying conditions.*³⁻⁵

DIABETES

~2.4x and ~6.4x

more likely to be hospitalized (≥65 years)

COPD

~3.5x and ~13.4x

more likely to be hospitalized (≥65 years)

CAD

~3.8x and ~6.5x

more likely to be hospitalized (≥65 years)

ASTHMA†

~2.3x and ~2.5x

more likely to be hospitalized (≥65 years)

CHF

~4x to ~7.6x

more likely to be hospitalized (≥60 years)

*A prospective, population-based, surveillance study was conducted to estimate the incidence of RSV hospitalization among adults ≥18 years overall and those with specific comorbidities. Active and passive surveillance identified 1099 adults hospitalized with RSV in 2 geographical areas in the United States (Rochester and New York City) over 3 RSV seasons. The incidence rate ratios presented above are not a range, but rather observations from 2 different locations comprised of the surveillance area. Estimated incidence rates for all comorbid conditions increased with age.³

†Incidence rate ratio in Rochester for hospitalizations related to asthma was not considered to be statistically significant.³

CAD=coronary artery disease; CHF=congestive heart failure; COPD=chronic obstructive pulmonary disease; RSV=respiratory syncytial virus.

The spread of RSV

- Similar to some other respiratory infections, a cough or sneeze can easily spread RSV⁶
- People infected with RSV are usually contagious for 3 to 8 days⁷
- Some adults with weakened immune systems can continue to spread the virus even after they stop showing symptoms, for as long as 4 weeks⁷

Did you know?

People can get RSV multiple times throughout their lives, and RSV can be serious for older adults.⁷⁻⁹

Your experiences could be cut short by RSV

Respiratory syncytial virus (RSV) is a common, highly contagious virus that usually causes mild symptoms.

In older adults and adults living with certain underlying conditions, RSV can cause severe respiratory infections.¹⁻²



Vaccination is available to help protect older adults against RSV infection.¹⁸

For further information please contact your doctor

(TEAR AWAY AREA)



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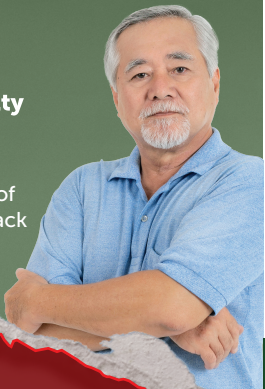
RSV is a common and highly contagious virus¹

While RSV is not a new virus, it may be more of a health concern than you think—even if you consider yourself healthy.

Even the best-laid plans could be cut short by RSV. Symptoms of RSV can range from mild to severe and can last up to 2 weeks. RSV can cause severe symptoms in older adults.¹⁰⁻¹¹

RSV SYMPTOMS MAY INCLUDE:^{9, 12-14}

- Fever
- Cough
- Sore Throat
- Congestion
- Headache
- Tiredness
- Runny Nose
- Sneezing
- Wheezing
- Rapid/Difficulty Breathing
- Cyanosis (bluish coloring of the skin due to lack of oxygen)



(TEAR AWAY AREA)

Being an older adult can put you at increased risk of severe infections from RSV¹⁻²

RSV usually causes mild symptoms² but can cause severe infections that may lead to hospitalizations in adults 60 and older.^{2-3, 14-15}

RSV infection can cause serious complications, such as:²

- **Pneumonia**
- or exacerbation of:
- **Congestive heart failure (CHF)**
 - **Asthma**
 - **Chronic obstructive pulmonary disease (COPD)**

Remember, if you're an older adult, your plans could be cut short by RSV.

Did you know?

Among adults 60 years of age and older in industrialized countries,* RSV causes approximately **470,000 hospitalizations**. Of those hospitalizations, **~7% result in death**.¹⁶⁻¹⁷

*High-income countries include the United States, Canada, Europe, Japan, and South Korea. No incidence data were available for South Korea.¹⁶⁻¹⁷

RSV infection can have long-term effects on older adults¹³

RSV can diminish your independence, even after recovery. For older adults, certain daily tasks can become challenging after recovering from RSV infection, such as:¹³



Eating



Washing



Walking



Breathing

Even after recovery, RSV may cause prolonged loss of physical or emotional function in some older adults. These long-term challenges can impact relationships, social activities, productivity, and sleep ability.¹³

How can you prevent RSV?

Some ways you can help prevent RSV infection are to:⁶

- Wash your hands
- Keep your hands off your face
- Avoid close contact with sick people
- Cover your coughs and sneezes
- Clean and disinfect surfaces around you
- Stay home when you're feeling sick

Talking to your doctor about RSV

Below are a few questions you may want to consider asking your doctor to help start the conversation.

- As an older adult or an adult living with an underlying condition, how concerned should I be about RSV?
- What is my risk of complications due to RSV?
- How could RSV impact my underlying condition?
- Is RSV vaccination appropriate for me?

To get the most out of your appointment, remember to write down any questions you may have and take notes.

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