RSV Prevention Updates for 2024-2025

Hello, parents! As we gear up for another winter season, we want to share some important RSV prevention updates. RSV, or Respiratory Syncytial Virus, can cause nasty colds, but it’s particularly concerning for babies under 8 months old, as it leads to more hospitalizations than any other illness in this age group.

Good News About Beyfortus!
Last winter, we saw some fantastic results from nirsevimab, better known as the brand name Beyfortus. Beyfortus is RSV antibody designed to protect our littlest ones. It was shown to be 90% effective in reducing hospitalizations due to RSV. That’s a big win for babies and their families.

How Can You Protect Your Baby?
There are two key ways to help keep your young infant safe

from severe RSV:

- **For Expecting Moms:** If you're pregnant, you can receive an RSV immunization between weeks 32 and 36 of your pregnancy. This helps build immunity for your baby, so they won't need Beyfortus after they are born. However, if your baby arrives early—within two weeks of when you got the shot—they will need their own dose to ensure protection against severe RSV.

- **For Newborns:** All babies under 8 months old during RSV season should receive a dose of Beyfortus if their mom didn't get the immunization. This includes all babies, whether they're healthy, sick, premature, or full term. Many hospital nurseries and NICUs give these antibodies (given as an injection) before your baby goes home. If your hospital doesn't have it, your pediatrician can help.

Why Beyfortus is a Game Changer

In the past, we gave an RSV antibody shot that was reserved for severely premature babies and those with serious lung issues. It required monthly doses for 5-6 months during the RSV season. Beyfortus, on the other hand, offers protection for a full 5 months with just one shot—making it much easier for busy parents!

Timing Matters

Beyfortus is given only during RSV season, which runs from October to March. If your baby is under 8 months old and hasn't had their dose yet, please reach out to your pediatrician for this vital protection. Plus, it's safe to give Beyfortus alongside any other childhood vaccines.

A Quick Reminder
RSV is an incredibly common illness, with nearly all kids catching it by the age of 2 years. While many childrn will have mild cases, we’re grateful to have options like Beyfortus to help keep your baby from becoming severely ill.

We’re here to support you and your family in staying healthy this season!

Julie Kardos, MD and Naline Lai, MD
©2024 Two Peds in a Pod®