



It's Respiratory Syncytial Virus (RSV) Season

Respiratory Syncytial Virus (RSV) is a common and easily spread virus that almost all children catch at least once by the time they turn 2 years old. It usually causes mild to moderate cold-like symptoms, but for micro preemies and premature babies with certain heart and lung problems, it can lead to serious health problems.

What are the signs of RSV?

RSV symptoms in high-risk infants include:



Coughing or wheezing that does not stop



A bluish color around the mouth or fingernails



Fast or troubled breathing
Gasping for breath



Flared nostrils/increased chest retractions when trying to breathe



A fever (especially if it is greater than 100.4°F [rectal] in infants under 3 months of age)

If you see any of these symptoms of RSV, call your baby's healthcare provider right away.

Graphic from rsvprotection.com/what-rsv-disease

The links below are additional resources to help keep your baby and you healthy:

rsvprotection.com/

[RSV Resources For Parents | SYNAGIS \(palivizumab\)](#)

[RSV in Infants and Young Children | CDC](#)



Proud educational partner of Graham's Foundation and sponsor of the MyPremie app

Looking for Support? Connect with our Premie Parent Mentor Program

The [Premie Parent Mentor Program](#) is a complimentary service that provides resources and peer support to parents throughout their



child's prematurity journey. We have a team of trained parent (and grandparent) volunteer mentors,* each of whom has had their own experience with prematurity.

The program features two options:

~ **Match Request:** a personalized matching program that pairs a parent with a mentor based on a common diagnosis, gestational age of delivery, or experience. This process generally takes 24-48 hours to complete. Parents can connect via phone, email or text messages for as long as support is needed.

~ **Connect:** an immediate connection through a secure video call platform that allows parents the opportunity to receive prompt support, potentially while waiting for the matching process. This option provides support within a couple of hours.

Both options can be used by parents to help them get the support they need. Our goal is to ensure no parent faces the journey of prematurity alone.

*Graham's Foundation preemie parent mentors are not medical professionals. We are parents who have experienced a NICU journey and are offering peer support. The information we provide is meant to encourage and support parents during and after a NICU stay. It is not meant to replace the advice or expertise of medical professionals.



The Premie Parent Mentor Program - Connect is supported, in part, through a [generous grant from Pampers](#).

GIVING TUESDAY

Giving Tuesday is December 1 and this special day is your opportunity to make a positive impact in the lives of parents of preemies.

Just \$100 covers the cost of all our services for one family for a year. This includes our [Care Packages](#), [Premie Parent Mentor Program](#), and [MyPremie app](#).

YOU MAKE THE DIFFERENCE!

SUPPORT OUR MISSION





Did you know that the [MyPremie app](#) has a "Treasured Mementos" section that helps you remember to save some special items from your preemie's early days of life? Use the built-in list as a starting point and add ideas of your own.

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