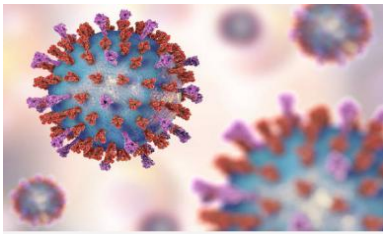
Whitewater Health

**Patient Participation Group**

April 2026

---

# RSV: The Little-Known Virus



## What is it?

Respiratory Syncytial Virus (RSV) is a common seasonal virus that infects lungs and airways. For most healthy adults, it feels a lot like a heavy cold, ***but for babies, older adults and people with long-term heart or lung conditions***, RSV can be more serious.

RSV has been around for decades, but its impact on older adults has only become clear in recent years and is now recognised as a major cause of winter pressures on the NHS, contributing to thousands of hospitalisations every year.

## Who Is Most at Risk?

While RSV is often associated with infants, recent research has highlighted its impact on older adults. Every year, thousands of people over 75 become seriously unwell with RSV, placing additional pressure on the NHS during the colder months. Those living in care homes or managing chronic health conditions being particularly vulnerable.

## So What is Changing this Spring?

The NHS is expanding its RSV vaccination programme to offer broader protection.

***From April 1st 2026, Whitewater Health will be inviting:***

- Pregnant women
- Adults aged 75 to 79
- Anyone who turned 80 after 1 September 2024

Patients who are eligible will be invited to book an appointment at the surgery. SMS invitations are being sent out on an ongoing basis to all eligible patients as they become due. These vaccinations are delivered routinely by the nursing team.

## Why It Matters

***With no specific treatment for RSV, prevention is the best defence*** and the updated vaccination guidance aims to protect those most at risk and ease the seasonal strain on the NHS.

---

**PPG Contact Details**:

*(Please Note: The PPG is unable to deal with any medical or personal matters)*

Email: Whitewaterppg@gmail.com 125https://www.facebook.com/WhitewaterPPG

**Practice/Surgery Contact Details :**

Website: www.whitewaterhealth.nhs.uk

Telephone Hartley Wintney - 01252 842087 Hook - 01256-762125