



# Knit Big for little lungs

## October is RSV Awareness Month

RSV, or respiratory syncytial virus, is a serious virus that infects the lungs and is the #1 reason babies under 12 months of age are hospitalized. Many parents with babies at risk for RSV don't know about it. But with a ball of yarn, a bundle of love, and a little bit of your time, you can help us spread the word in a big way.

-  **EVENT:** Knit Big for Little Lungs
-  **WHO:** Individuals and organizations/groups with a passion for knitting or crocheting
-  **WHEN:** Any time before October 31
-  **WHERE:** Anywhere you like to knit
-  **WHAT:** "Knit-ins" that help spread RSV awareness one stitch at a time by knitting clothing for high-risk infants

### Here's how you can help:

- **Knit or crochet** infant clothing (blankets, hats, etc) with your friends and family, using peach and/or mint green yarn if you can. Please consider the smallest pattern size possible for these little babies—some suggestions or ideas for patterns can be found here: <http://bit.ly/2d0aaRx>.
- **Share** pictures of your knitted masterpieces online using the hashtag #LittleLungs, along with photos from your knit-in.
- **Send** your creations to **Knit Big for Little Lungs, P.O. Box 7588 Princeton, NJ 08543** by October 31, with a mention of your group's name so we know who to thank. Sobi will deliver the items in your name to babies at select children's hospitals.

\*Please use machine-washable materials and avoid wool if possible.

**This October and winter, you can make a big difference for babies at risk of contracting RSV**

Thank you for helping to raise awareness about the importance of protecting little lungs.