

Bronchiolitis

Bronchiolitis is a common chest infection in young children. It usually occurs in children under 12 months of age.

It is caused by a virus in the lungs that gives your child breathing difficulties. Medicines do not usually help.

Babies need rest, and small regular feeds so they do not become too tired when feeding and do not become dehydrated.

Signs and symptoms

The illness begins like a cold with a runny nose and a cough. The cough may become worse and your baby may become wheezy and be working harder to breathe. This makes it difficult for them to feed.

You should seek medical advice if your baby has any of the following:

- Very fast breathing
- Poor feeding
- Noisy breathing (wheezing)
- Sucking in of the chest muscles
- Fever
- Turns blue or stops breathing at any point **contact 999 immediately**

Babies with bronchiolitis are often worst on days 2, 3 or 4 of the illness and then start to improve but they may be ill for 7–10 days. The cough can last for 2–4 weeks. In the months after the illness they may get wheezy again with another cold.

Treatment

- Antibiotics are not given as bronchiolitis is caused by a virus
- Babies need rest, and small feeds little and often
- Give paracetamol if your child has a temperature or is irritable ensuring the correct doses for their age/weight
- Avoid smoking around your baby
- Avoid contact with other babies for the first week as bronchiolitis is infectious

Your baby may be admitted to hospital if they have difficulties feeding, are getting dehydrated or are finding it increasingly difficult to breathe.

The main treatments in hospital are:

- To observe them closely
- To give them extra feeds, usually with a tube passed into the stomach through the nose but sometimes through a drip
- To give oxygen if needed via an oxygen mask or nasal cannula

If you are worried in any way contact your own GP, the hospital or NHS 111 service.

Do you have difficulty speaking or understanding English ?

আপনি কি ইংরেজীতে বুঝতে কিংবা বুঝাতে পেয়েছেন ? (BENGALI)

क्या आपको अंग्रेजी बोलने या समझने में कठिनाई है ? (HINDI)

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کیا آپ کو انگریزی سمجھنے اور سمجھانے میں دقت پیش آتی ہے؟ (URDU)

Please retain this card for future reference