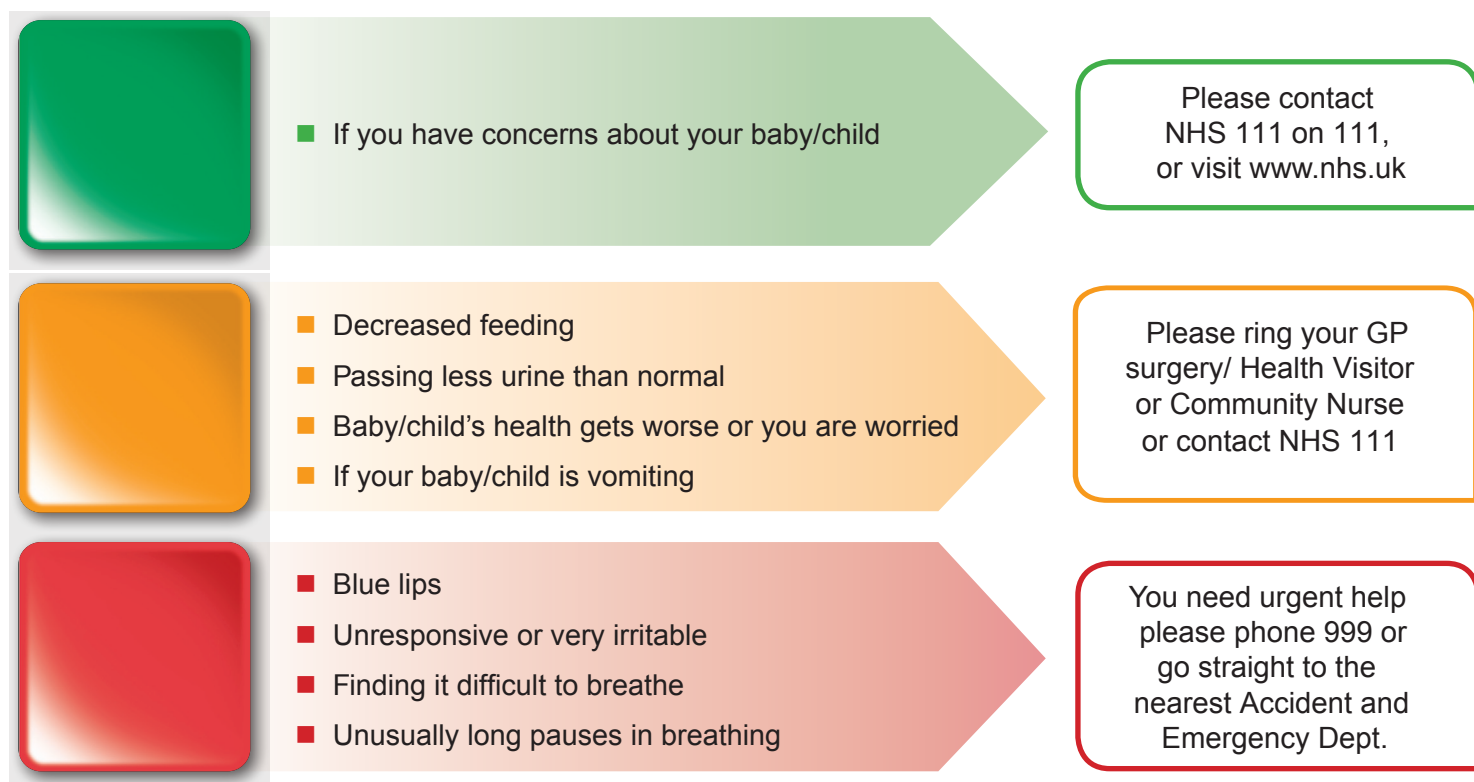


# Bronchiolitis Advice Sheet for Babies/Children under 2 years

## What is Bronchiolitis?

Bronchiolitis is an infectious disease when the tiniest airways in your baby/child's lungs become swollen. This can make it more difficult for your baby/child to breathe. Usually, bronchiolitis is caused by a virus. It is common in winter months and usually only causes mild cold like symptoms. Most babies/children get better on their own.

Some babies/children, especially very young ones, can have difficulty with breathing or feeding and may need to go to hospital.



Please turn over for advice, including a guide to the symptoms of Bronchiolitis

# Bronchiolitis Advice Sheet for Babies/Children under 2 years

## What are the symptoms?

- Your baby/child may have a runny nose and sometimes a temperature and a cough.
- After a few days your baby/child's cough may become worse.
- Your baby/child's breathing may be faster than normal and it may become noisy. He or she may need to make more effort to breathe.
- Sometimes, in the very young babies, Bronchiolitis may cause them to have brief pauses in their breathing.
- As breathing becomes more difficult, your baby may not be able to take the usual amount of milk by breast or bottle.
- You may notice fewer wet nappies than usual.
- Your baby/child may vomit after feeding and become irritable.

## How can I help my baby?

- If your baby/child is not feeding as normal offer feeds little and often.
- If your baby/child has a fever, you can give him or her paracetamol in the recommended doses. If your child is older than 6 months old you may also give Ibuprofen.
- If your baby/child is already taking medicines or inhalers, you should carry on using these. If you find it difficult to get your baby/child to take them, ask your doctor for advice.
- Bronchiolitis is caused by a virus so antibiotics won't help.
- Make sure your baby/child is not exposed to tobacco smoke. Passive smoking can seriously damage your baby/child's health. It makes breathing problems like bronchiolitis worse. Remember smoke remains on your clothes even if you smoke outside. For help to quit smoking visit: [www.nhs.uk/oneyou/be-healthier/quit-smoking](http://www.nhs.uk/oneyou/be-healthier/quit-smoking)

## How long does bronchiolitis last?

- Most babies/children with bronchiolitis get better within about two weeks.
- Your baby/child can go back to nursery or day care as soon as he or she is well enough (that is feeding normally and with no difficulty in breathing).
- There is usually no need to see your doctor if your baby/child is recovering well. If you are worried about your baby/child's progress, discuss this with your doctor, health visitor or practice nurse or contact NHS 111.

**If you need language support or translation please inform the member of staff you are speaking to.**