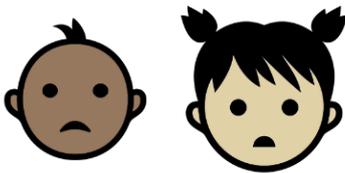


Bronchiolitis in babies and young children



What is bronchiolitis?

Bronchiolitis is a common chest condition caused by a virus – it can make breathing difficult



Bronchiolitis affects babies and young children under 2 years old



It's usually mild and gets better on its own within 2 to 3 weeks



Some children have worse symptoms and need to go to hospital



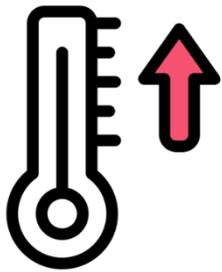
The bronchiolitis virus is spread through tiny droplets of liquid from the coughs or sneezes of someone who is infected

Symptoms of bronchiolitis



Early symptoms of bronchiolitis are like those of a cold

- a runny nose
- a cough



over the next few days there can be more symptoms such as

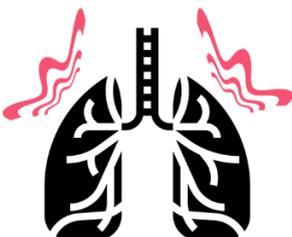
- a temperature



- a dry cough that doesn't go away



- problems feeding



- fast or noisy breathing – or wheezing

Treating bronchiolitis



There is no medication to kill bronchiolitis because it is caused by a virus



Bronchiolitis usually gets better on its own within 2 to 3 weeks



Most children can be cared for at home - in the same way you would treat a cold



It's important your child drinks plenty of fluids

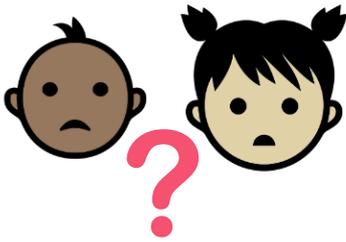


You can give paracetamol or ibuprofen to children to help lower their temperature - **always check the label first**

When to get medical help



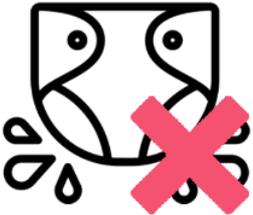
See your GP or call NHS 111 if



- you are worried about your child



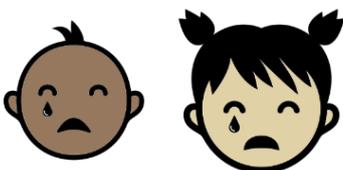
- they are not feeding properly



- they have had a dry nappy for **12** hours or more



- they have a temperature of **38** degrees or more



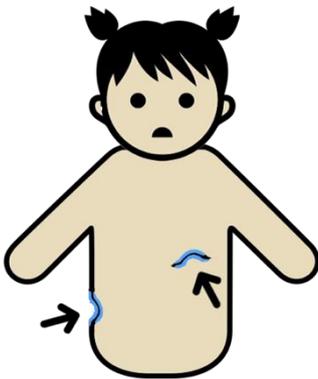
- they seem very tired or irritable



Dial 999 and ask for an ambulance if...



- your child is finding it hard to breath



- your child has changes in their breathing – it might look like

→ sucking in between their ribs

→ sucking in below their ribs



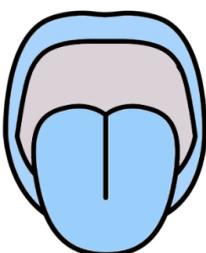
→ sucking in at their throat



- your child has fast or noisy breathing



- there are long pauses in your child's breathing



- your child's tongue or lips are blue

Preventing bronchiolitis



There are things you can do to help stop your child catching bronchiolitis and prevent the virus from spreading

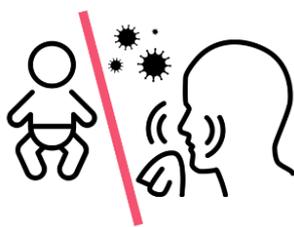
- wash your hands and your child's hands regularly



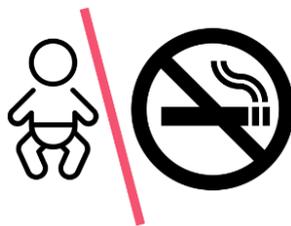
- wash or wipe toys and surfaces regularly



- if your child has bronchiolitis, keep them at home until the symptoms have improved



- keep newborn babies away from people with colds and flu



- don't let anyone smoke around your child



If you want to know more about bronchiolitis take a look at the NHS website

[nhs.uk/conditions/bronchiolitis](https://www.nhs.uk/conditions/bronchiolitis)