

# 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.



- Blue lips
- Unresponsive or very irritable
- Finding it difficult to breathe
- Unusually long pauses in breathing

**You need urgent help please phone 999 or go straight to the nearest Accident and Emergency Dept.**



- Decreased feeding
- Passing less urine than normal
- Baby/child's health gets worse or you are worried
- If your baby/child is vomiting

Please ring your GP surgery/ Health Visitor or Community Nurse or attend the Walk in Centre or if your baby/child has been a patient in the last 48 hours call PAU.



- If you have concerns about your baby/child

Please contact NHS Direct on 0845 86 87 or [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) or phone one of the useful numbers below.

Name of Baby/Child ..... Age .....

Date/Time advice given ..... Name of Professional (Print) .....

Signature of Professional .....

## Further Advice/Follow Up

.....  
 .....

## Some Useful Telephone Numbers

GP/Practice Nurse (Parent to complete) .....

Health Visitor – (If you do not know this number you may be able to locate your health visitor at one of the health centres below)

- |  |  |
|--|--|
| Liverpool Road Health Centre .....01582 70 81 51 | Wheatfield Road Surgery .....01582 47 86 78  |
| Marsh Farm Health Centre .....01582 70 74 44     | Wigmore Lane Health Centre ...01582 70 73 33 |
| Queensborough House .....01582 70 76 60          | Sure Start .....01582 55 66 61               |

Community Nurse .....(If applicable - Regents Court 01582 70 81 39)

Walk in Centre .....01582 55 64 00  
 14-16 Chapel Street, Luton. Opening Times (as at Dec 2009) Mon-Fri – 8am to 7-30pm / Sat – 8am to 3pm / Sunday – Closed / Bank Holidays – 8am to 7-30pm

NHS Direct .....0845 46 47 Open 24hrs – 7 days [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

# 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.

## 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.