

Bronchiolitis Advice Sheet – Babies/Children under 2 years

Name of Child Age Date/Time advice given

Further advice/ Follow up

.....
.....
.....

Name of Professional Signature of Professional

How is your child?



Red

- Blue lips
- Unresponsive and very irritable
- Finding it difficult to breathe
- Pauses in breathing or irregular breathing pattern

You need urgent help

Please **phone 999**



Amber

- Decreased feeding
- Passing less urine than normal
- Baby/child's health gets worse or you are worried
- If your baby/ child is vomiting
- Your babies temperature is above 39°C

You need to contact a doctor or nurse today

Please ring your GP surgery or call **NHS 111**



Green

- If none of the above factors are present

Self Care

Using the advice overleaf you can provide the care your child needs at home

Some Useful Contact Details



GP Surgery

Call

NHS 111

Dial 111

Available 24 hr/7 days a week

GP Out of Hours Service
Appointment booked via
NHS 111 service

Dial 111

Available 24 hr/7 days a week

For online advice: NHS Choices www.nhs.uk (available 24 hours – 7 days a week)

If you need language support or translation please inform the member of staff to whom you are speaking. For more copies of this document, please contact your GP.

Bronchiolitis Information Sheet – 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.

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 very young babies, bronchiolitis may cause them to have brief pauses in their breathing. If you are concerned see the 'Amber' box overleaf.
- 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/child?

- 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. But if you are worried about your baby/child's progress, contact your doctor or call NHS 111.