

## Bronchiolitis Advice Sheet (read in conjunction with medical advice) — 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? Traffic light system

 <b>Red</b>	<ul style="list-style-type: none"> <li>■ Blue lips</li> <li>■ Unresponsive and very irritable</li> <li>■ Finding it difficult to breathe</li> <li>■ Pauses in breathing or irregular breathing pattern</li> </ul>	<p><b>You need urgent help</b> please phone 999 or go to the nearest Hospital Emergency (A&amp;E) Department</p>
 <b>Amber</b>	<ul style="list-style-type: none"> <li>■ Decreased feeding</li> <li>■ Passing less urine than normal</li> <li>■ Baby/child's health gets worse or you are worried</li> <li>■ If your baby/child is vomiting</li> <li>■ Your babies temperature is above 39°</li> </ul>	<p><b>You need to contact a doctor or nurse today</b> please ring your GP surgery or call NHS 111 – dial 111</p>
 <b>Green</b>	<p>If none of the above features are present</p>	<p><b>Self Care</b> Using the advice overleaf you can provide the care your child needs at home</p>

### Some useful phone numbers

	<p><b>GP Surgery</b></p>	<p><b>NHS 111</b> <b>dial 111</b> (available 24 hrs – 7 days a week)</p>	<p><b>GP Out of Hours Service: appointments booked via the NHS 111 service</b> (Open from 6.30pm to 8am on weekdays and bank holidays)</p>
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**For online advice: NHS Choices** [www.nhs.uk](http://www.nhs.uk) (available 24 hrs – 7 days a week)

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

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### 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. 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 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 the very young babies, Bronchiolitis may cause them to have brief pauses in their breathing and if this happens they would need to see a doctor.
- 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 the baby/child is breast fed, continue to feed on demand. If the baby/child is bottle fed consider dividing the usual feed volume into 2-3 smaller bottles, to offer more frequently.
- If your baby/child has a fever, you can give him or her paracetamol in the recommended doses. If your child is older than six 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 NHS 111 or discuss this with your doctor.