

# 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: .....



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 or go straight to the nearest Accident and Emergency Department.



Amber

- Reduced fluid intake: less than three quarters of what they would normally have over 3 – 4 feeds e.g. if your baby usually takes 100 ml bottle but they are taking less than 75ml and this happens over 3 – 4 feeds and they are passing less urine than normal
- Passing less urine than normal
- Baby/child's health gets worse or you are worried
- If your baby/child is vomiting
- Your baby's temperature is above 38.5°C (or above 38°C for babies less than 3 months old)

**You need to contact a doctor or nurse today.**

Please ring your GP surgery or call NHS 111 – dial 111.



Green

- If none of the above features are present, most children with can be safely managed at home.

**Self Care.**

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

## Useful information

### Children under the weather?

Search 'Catch app' to download a free NHS local health app for parents and carers of children from pregnancy to age 5.



For more information visit [www.catchapp.co.uk](http://www.catchapp.co.uk) or @catchapp\_uk



### Your Pharmacist

Pharmacists can offer advice and medicines for a range of minor illnesses and most have a room where you can discuss issues with pharmacy staff without being overheard and are trained to tell you when your symptoms mean you need to see a doctor.

To find your local pharmacy and open times visit [www.sthelenscares.co.uk](http://www.sthelenscares.co.uk)



### Need medical advice or help right now?

CALL  
**111**

Use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. You can also access 111 online at: [www.111.nhs.uk](http://www.111.nhs.uk)

Trained advisors are available 24 hours a day and can book you an appointment at the Urgent Treatment Centre, order a repeat prescription or put you in touch with a healthcare professional.

# Bronchiolitis Advice 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 the 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?

- If your baby/child is not feeding as normal, offer feeds little and often.
- If your baby/child has a fever, to manage the distress, you can give him or her paracetamol in the recommended doses. If your child is older than 3 months and greater than 5 kg you may give Ibuprofen as an alternative. Speak to your Pharmacist for advice and guidance.
- 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, call NHS 111 – dial 111 or discuss this with your doctor.