

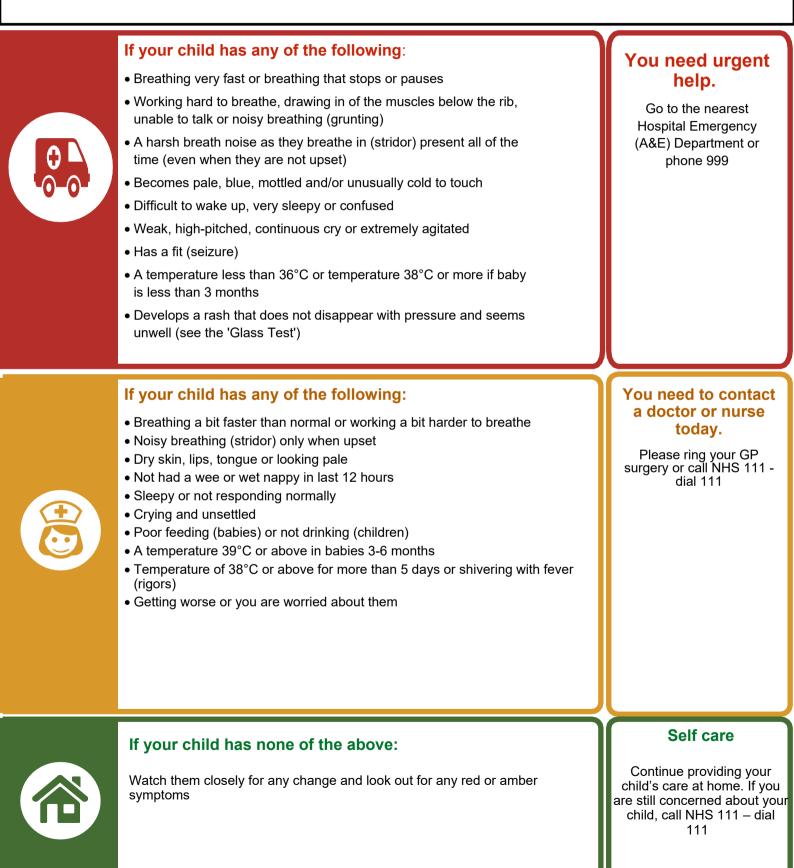




Parent Information Leaflet

Bronchiolitis is a very common infection that causes the tiniest airways in your child's lungs to become swollen, which can make it harder for them to breathe. It is caused by viral infections often by a virus called RSV and is more common over the winter months. It mostly affects young children under 2 years of age.

Most children do not need any treatment and getter better on their own. Some children, especially very young babies, may need to go to hospital due to the need for extra help with their breathing or feeding. The two most common reasons for children to need to stay in hospital are if they need extra oxygen or they are taking less than half of their normal feeds.



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What can you do?

Most babies and children can be safely cared for at home. If your baby / child is struggling with their feeding, try smaller, more frequent feeds.

A mild fever is common in the first few days. Give paracetamol to lower your child's temperature. Paracetamol will also help to soothe any sore throat and make your child feel more comfortable.

Bronchiolitis can get worse before it starts to get better. Babies and children are often most poorly on day 5 of the illness then gradually start to get better. Keep a close eye on your baby's breathing and feeding. If you have any new concerns, please re-visit our red/amber/green table to see if your child needs to see a healthcare professional or not, and to find out where and when is best for your child to be seen.

Wash your hands with soap and water regularly

Avoid exposure to tobacco smoke which makes their breathing worse

Antibiotics aren't needed as bronchiolitis is caused by a virus

How long does bronchiolitis last?

Babies are usually unwell for 5 to 10 days. Most will get better within two weeks. Babies may still have a cough for up to 4 weeks afterwards and this is completely normal

Your child can go back to nursery as soon as you feel they are well enough. Bronchiolitis does not normally cause long term problems for your child