

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 or go
to the nearest Accident
and Emergency
Department



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
– dial 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 phone numbers



GP Surgery
(make a note of
number here)

NHS 111
dial 111

(available 24 hrs – 7 days
a week)

**Gloucester Health
Access Centre**

01452 336290
(Open from 8am to 8pm,
7 days a week including
bank holidays)

**GP Out of Hours
Service: appointments
booked via the
NHS 111 service**

(Open from 6.30pm to 8am
on weekdays and bank
holidays)

For online advice: NHS Choices 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.

For more copies of this document, please email:

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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. 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, 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 NHS 111 or discuss this with your doctor.