

What is bronchiolitis?

Infection of small airway tubes in lungs

We call the airway tubes *bronchioles*.

- Bronchiolitis means the airway tubes become swollen and fill with mucus.
- This can cause a stuffy nose, coughing, wheezing, or difficult breathing.



Symptoms of bronchiolitis

- Breathing harder or faster
- Runny or stuffy nose
- Cough that may get worse
- Wheezing
- Fever

Bronchiolitis may be more severe in babies with *chronic health conditions* or baby around tobacco smoke. Tell your doctor if your baby:

- Has congenital heart disease.
- Has an immune deficiency.
- Was born premature.

Bronchiolitis is caused by a virus that causes common colds. It mostly affects children under 2 years old. This is because they have smaller airways.

You can STOP spreading bronchiolitis virus

Wash hands often

The bronchiolitis virus lives on:

People who are sick or things the sick people touch. If you touch the virus, it will stay on your hands and can make you sick.

Wash your hands

- After caring for your child.
- Before cooking or eating.
- After blowing your nose, coughing, or sneezing

Use alcohol based hand sanitizer or warm soapy water. Wipe flat surfaces with household cleaner.

Going Home from ER or Urgent Care

Follow-up with my doctor or provider

Make appointment with doctor now:

Doctor: _____

Date: _____

Time: _____

Telephone: _____

We can treat most cases of bronchiolitis at home. Your child's body will fight off the bronchiolitis virus. It will go away on its own, usually in 2 to 3 weeks.

At home

Your doctor may order medicines for fever or other symptoms for your child's special needs.

It is important to *only* take the medicine your doctor orders.

We do not normally use these home treatments for bronchiolitis.

- 1. No cough or cold medicines:**
 - They do not work for bronchiolitis.
 - They are not safe for young children.
- 2. No antibiotics:**
 - They do not kill the bronchiolitis virus.
 - They will not help infection go away.
- 3. No breathing treatments:**

Do not help breathing get better (example Albuterol).

What can I do at home?

1. Watch your child for faster or harder breathing.
2. Drink lots of fluids.
3. Suction nose to help your child breathe.

No smoking around child

Cigarette smoke is very irritating to the infected airways and makes it harder to breathe.

1. Watch your child for faster or harder breathing.

Always call your doctor if you have questions or do not feel comfortable caring for your child at home.

2. Drinking fluids is important:

Ask your doctor about Pedialyte™. Sometimes it is easier to drink than milk or formula. Only give Pedialyte™ if your doctor tells you it is ok.

- Offer smaller amounts of fluids frequently.
- Watch for signs of not drinking enough fluids.

Not drinking enough fluids is called dehydration.

Dehydration makes mucous in nose and airways thicker. This makes it harder to breathe.

What to watch for:

- No tears when crying
- Fewer wet diapers
- Dry mouth, tongue or lips
- Urine dark color
- Skin dry

3. Suction nose to help your child breathe:

Babies can only breathe through their nose. Your child will:

- Feel better
- Breathe better
- Sleep better
- Eat and drink better.

When to suction

- When the nose is full of mucus.
- If child has a hard time eating or drinking.
- If breathing is too hard or too fast.
- If child makes a loud or squeaky noise when Breathing.

How to suction nose



Squeeze bulb syringe away from child.



Gently put tip of syringe into nose. Do **not** force tip too far in the nose.



Keep tip in nose. Slowly let bulb fill. This will suck out the mucus.

Saline nose drops before suctioning

Saline nose drops help to loosen the mucous in the nose. It is a special type of salt water that you can buy in the grocery store or pharmacy.

Never use water.

Squeeze 2 to 3 drops of saline nose drops into each side of the nose. This helps thin out mucus.



1. Suction one side.
2. Squeeze mucus out in tissue.
3. Let your child rest.
4. Repeat on other side of nose.

Cleaning the bulb syringe:

1. Suction warm soapy water into the bulb and shake.
2. Squeeze water out of bulb.
3. Repeat with clean water. Let air dry.

Important:

- Do **not** share bulb syringe between children.
- Throw bulb syringe away after illness. Bronchiolitis virus can live inside the bulb syringe and can re-infect your child.

When to call your doctor

Call your doctor as soon as possible if your child:

- Is having a harder time breathing.
- Is not eating or drinking as usual.
- Is sleepy, drowsy or less active.
- Is crying or restless and cannot be calmed down.
- Has a fever of 100.4F or 38.0C.
- Always call if you are concerned or worried about your child's fever.

Call 911 or go to Emergency Room if your child:

- Has pale skin or a blue color around nail bed or lips.
- Is breathing fast and shallow.
- Is struggling for each breath.
- The space between ribs is sinking in with each breath.
- Is making a grunting sound when breathing in and out.
- Has a limp or floppy body.
- Is sleepy all the time, even after a nap.

These instructions are only general guidelines. Your doctors may give you special instructions. If you have any questions or concerns, please call your doctor.