

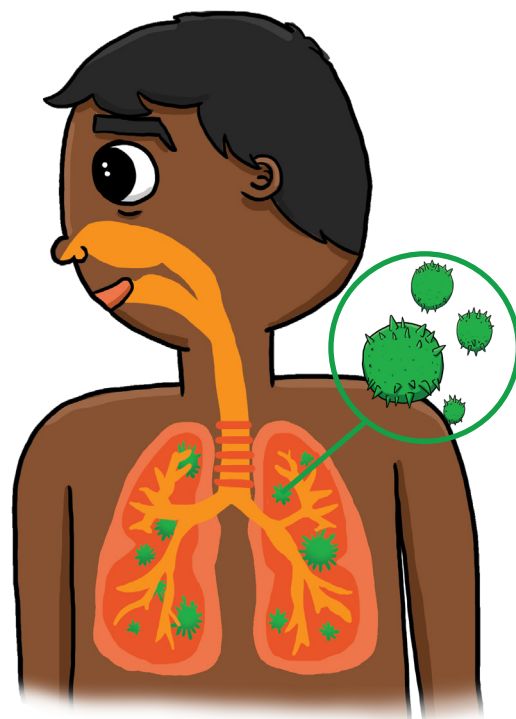


Bronchiolitis

(bron-key-lie-tis)

This is a common lung sickness bubs can get. The sickness causes swelling and flem (spit) build up in the breathing tubes, making it hard for bub to breathe.

- Bronchiolitis usually starts as cold sick - with a cough and runny nose.
- The cough can get worse.
- Bub might: start to wheeze (whistle noise), breathe faster, get tired when feeding and upset and have a fever.
- Bub is usually sick for 3 to 5 days and then gets better over the next 7 to 10 days. But the cough can stay up to 2 weeks.
- Antibiotics and medicines do not usually help bronchiolitis.
- Bronchiolitis mainly happens in cold weather. Try stay away from healthy kids when if bub is sick.



At home with bub

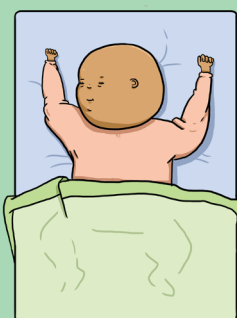
Don't smoke in the home or around bub. Smoke can make bronchiolitis worse



Wash hands before touching or holding bubs



Let bub rest

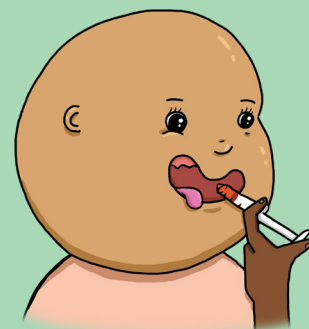


Give shorter feeds more often and give more water



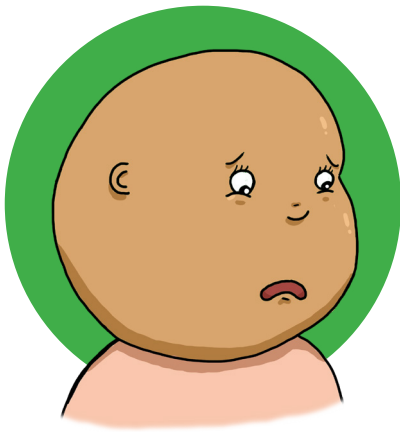
This stops bub getting dehydrated or tired when feeding

Give bub paracetamol if upset

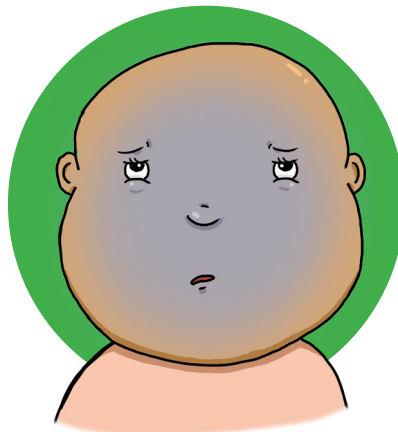


Types of paracetamol
Panadol, Dymadon,
Panamax

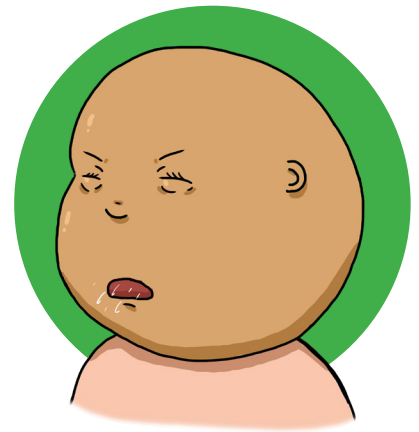
See a GP, health clinic or emergency department if bub has:



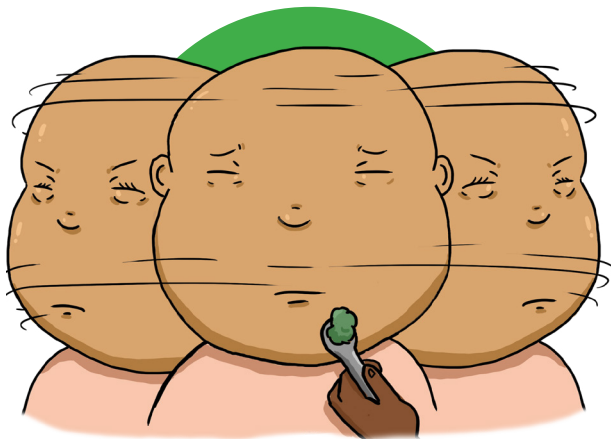
Difficulty breathing (very fast or not regular breaths)



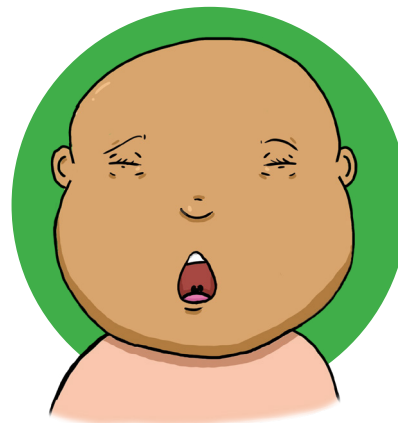
Turns blue or has skin that is pale and sweaty



If bub still has a cough after 4-weeks or cough gets worse



Not eating or drinking well



Bub is more tired or sleepy than usual

In hospital staff will watch bub closely:

- Bub might need oxygen to help with breathing.
- Bub might need extra fluids through a drip or tube through the nose.
- There is no special test for bronchiolitis, but sometimes the doctor might take a swab from bub's nose.



Government of Western Australia
Child and Adolescent Health Service

Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
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