

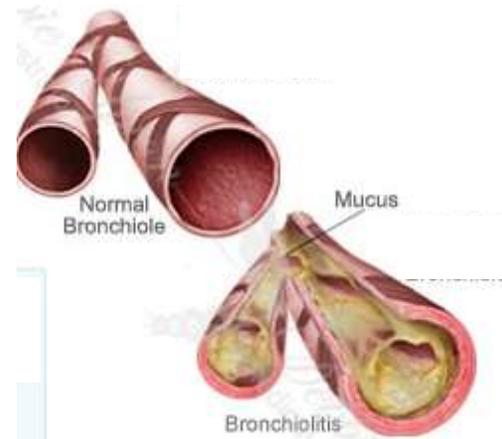
Bronchiolitis

What is bronchiolitis?

Bronchiolitis is an infection that causes swelling in the lungs. It also causes more mucus or congestion in the airways. It is most common in infants and young children.

What are the

- Cough and runny nose.
- Wheezing.
- Fast breathing.
- Poor eating.
- Tiredness, fussiness.
- Fever.



How can it be treated at home?

Bronchiolitis is caused by a virus, so antibiotics are not used to treat it. Your child will need **extra fluids** for the next 1 to 2 weeks. Offer small sips of liquids more often than you normally would during the day. It is not uncommon for your child to have a cough for several weeks.

For a child over 1 year old

- Gatorade®
- Kool-Aid®
- Punch, apple juice
- Popsicles®

For an infant under 1 year old

- Pedialyte® or another infant electrolyte solution.
- Infants should continue to breastfeed or drink formula.
- **Do not give plain water.**

Special Directions

Saline nose drops. Salt-water, or saline, nose drops will help loosen the mucus in your child's nose. To make salt-water nose drops, add ½ teaspoon salt to 1 cup warm water. Put 2 to 3 drops into each nostril while your child is lying on their back. Use a bulb syringe to suction the mucus from the nose after putting the drops inside. It helps to use the nose drops at least 4 times a day before feedings and sleep.

Do not use a cough medicine unless your doctor tells you it is okay.

Special Directions (continued)

Feeding. Give your child small amounts of food or 1 to 2 ounces of formula every half hour. This makes it less likely your child will vomit when they cough. Infants with a stuffy nose do not suck well from a bottle. Take the bottle out of your infant's mouth often to let them breathe through the mouth. Your infant may take fluids easier with a sippy cup.

Other Helpful Information

If your child was in the hospital with bronchiolitis, it may be helpful to know that:

- Most infants will sleep and eat like normal within 4 days of being home.
- Some infants may still cough, have a runny nose, wheeze or vomit a bit for 5 to 9 days after being in the hospital.

Take your child to the emergency room if your child:

- Has a blue or gray color to the lips or nail beds.
- Keeps breathing faster than normal.
- Is working harder to breathe.
 - You may see your child's chest muscles pulling in under or between your child's ribs or at the neck. This is called retractions.
 - Your child's nose holes may open wider. This is called nasal flaring.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child:

- Will not drink liquids for 24 hours.
- Vomits everything eaten for about 24 hours.
- Is less than 6 weeks old and has a rectal temperature over 100.4°F (38.0°C).
- Shows signs of dehydration:
 - Is under 1 year old and has no wet diaper for 8 hours, sunken eyes or no tears when crying.
 - If over 1 year old: has no urine for 12 hours, sunken eyes or no tears when crying. These are signs of dehydration.
- Has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.