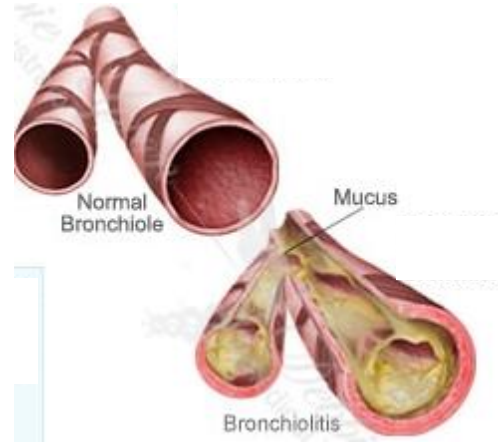


What is bronchiolitis?

Bronchiolitis is a common viral infection 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 signs and symptoms?

- Cough
- Congestion or 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. Babies need to rest and have small feeds more often, so they don't get too tired when feeding and do not get dehydrated.

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

Use a bulb syringe or nasal aspirator to suction the mucus from the nose at least 4 times a day, before feedings and sleep.

Do not use a cough medicine.

Give your child smaller amounts of food more often. This makes it less likely your child will vomit when they cough. Infants with a stuffy nose do not feed as well.

Other helpful information

If your child has bronchiolitis, it may be helpful to know that:

- Babies are often sick for seven to ten days.
- Their cough may continue for two to four weeks.
- It is not uncommon for your child to have a cough for several weeks.

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.
- has ribs sticking out, nose opening wider or head bobbing up and down with each breath.
- is grunting at the end of breaths.

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

- Is less than 6 weeks old and has a rectal temperature over 100.4°F (38.0°C).
- Shows signs of dehydration.
 - No tears when crying.
 - Dry mouth.
 - No wet diapers for 8 to 10 hours.
 - Has poor activity.
- Has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.