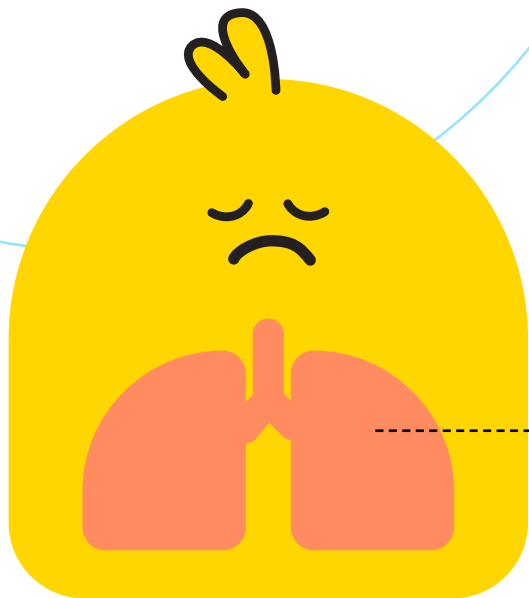
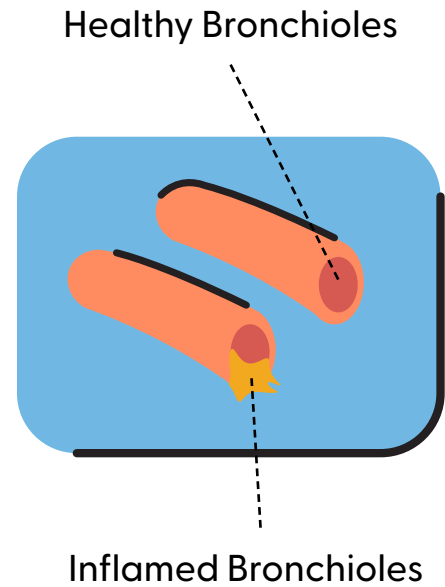




ACUTE BRONCHIOLITIS



Bronchioles
(Tiny Airways)



When the inflammation in a viral infection progresses to involve the smaller airways in the lung, this is called bronchiolitis (or bronchitis in children above age 2).

An upper respiratory tract infection is the inflammation of the nose and throat tissues due to an ongoing viral infection.

In bronchiolitis, where inflammation involves the smaller airways, increased mucous production which blocks up the airways making it narrower and harder to breathe.

Symptoms of bronchiolitis usually worsen after 3-5 days of an infection and present with a breathlessness, wheezing, poor feeding or lethargy in young children.

Bronchiolitis can take 7 to 10 days to improve and the cough can take up to 4 weeks to clear fully.

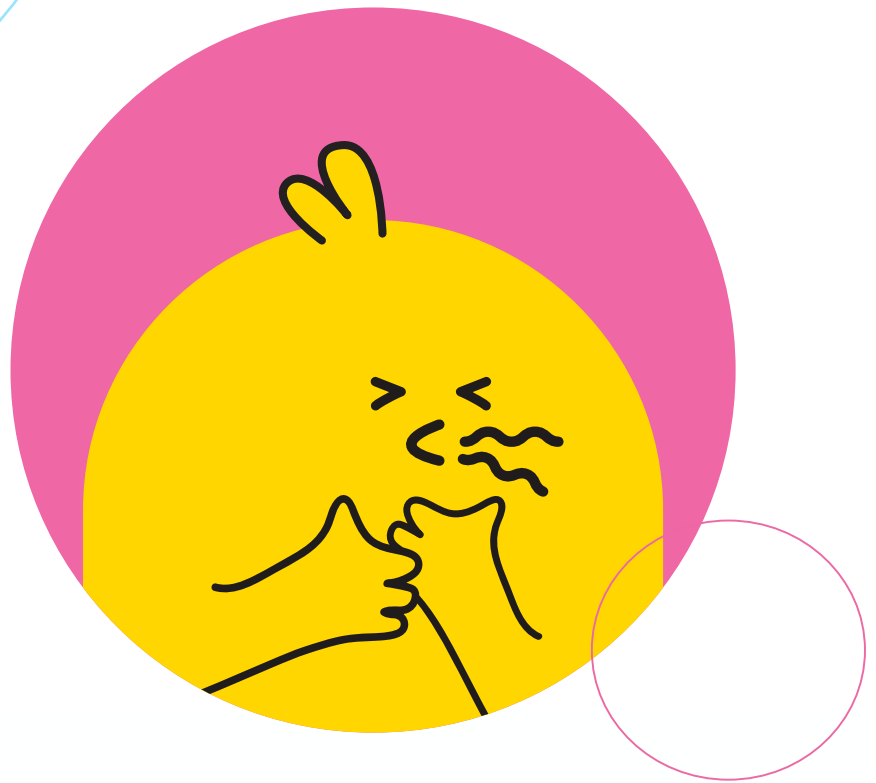


What can I do to help my child with bronchiolitis?

As bronchiolitis is a viral infection, the body will fight and clear the infection over time. You can support your child during this period by the following simple measures:

- Use saline drops or nasal sprays to clear nasal passage before feeds. Suction with straw-type or electric suction after if required
- Most medications will not help treat bronchiolitis.
- Run a humidifier in the bedroom. Alternatively, steam up the bathroom and let your child sit in it for 10-15 minutes 2 to 3 times a day. Humidified air soothes the airways.
- Feed smaller amounts of fluids but more frequently instead to keep your child hydrated. It is also common to vomit out phlegm and sometimes food or fluid may be thrown up too after a cough.





Some babies and young children might need additional support in hospital while recovering and should **seek medical attention** with the following symptoms:

- Increased breathing difficulties or rapid breathing
- Increasing lethargy
- Refusal to drink with significantly reduced urine output (lighter diapers or less frequent diaper change)