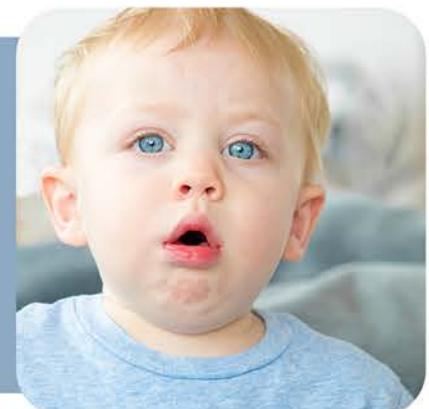


BRONCHIOLITIS

COMMON CHILDHOOD AILMENTS

SYMPTOMS

Bronchiolitis is a chest infection common in children under 2 years. It can cause coughing, sneezing, a runny nose, a blocked nose and a high temperature. Infants may feel poorly.



INCUBATION

Children may feel poorly for up to 10 days.

If you think your infant is getting worse seek medical advice straight away.

TREATMENT

Offer paracetamol to relieve a high temperature to babies over 2 months. You can try saline drops (salt water) if your infant's nose is blocked. Keep your infant upright when awake to help them breathe more easily. Encourage your child to drink lots of fluids - smaller feeds might be welcomed.



TOP TIPS

Bronchiolitis is different to Bronchitis .
Wash your hands regularly and clean toys and surfaces regularly.
Do not smoke around your infant.

FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111