

Bronchiolitis Discharge and Follow Up Advice Sheet for Children 0 -2 years

Name of Child _____ Age _____ Date/Time advice given _____

Further advice/Follow up _____

Name of Professional _____ Signature of Professional _____

How is your baby/child?

■ If none of the below factors are present

Self Care
Using the advice overleaf you can provide the care your child needs at home

- If your baby/child's health gets worse or you are worried
- If your baby/child is feeding less
- If your baby/child is passing less urine than normal
- If your baby/child is vomiting
- Your baby's temperature is above 39°C

You need to see or speak to a doctor or nurse today
Please ring your GP surgery, Out of Hours GP or call 111

- If your baby/child has blue lips
- If your baby/child is unresponsive and very irritable
- If your baby/child is finding it difficult to breathe
- If your baby/child pauses in breathing
- If your baby/child has an irregular breathing pattern

You need urgent help
please phone 999 or go to the nearest Accident and Emergency Dept

Some useful numbers

GP surgery (make a note of the number of your surgery here) _____

Health visitor service (make a note of the number of your health visitor here) _____

NHS 111. You can call Hertfordshire's 111 service when you need medical help but it's not a 999 emergency. It is open 24 hours a day, every day. Calls are free from landlines and from mobiles.

In Hertfordshire you can also dial 111 if you need to see or speak to a GP when your surgery is closed.

If you need language support or translation please inform the member of staff you are speaking to.

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What is Bronchiolitis?

Bronchiolitis is an infectious disease when the tiniest airways in your baby/child's lungs become swollen. This can make it more difficult for your baby/child to breathe. Usually, Bronchiolitis is caused by a virus. It is common in winter months and usually only causes mild cold like symptoms. Most babies/children get better on their own. Some babies/children, especially very young ones, can have difficulty with breathing or feeding and may need to go to hospital.

What are the symptoms?

- Your baby/child may have a runny nose and sometimes a temperature and a cough.
- After a few days your baby/child's cough may become worse.
- Your baby/child's breathing may be faster than normal and it may become noisy.
- He or she may need to make more effort to breathe.
- Sometimes, in very young babies, Bronchiolitis may cause them to have brief pauses in their breathing. If you are concerned see the amber box overleaf.
- As breathing becomes more difficult, your baby may not be able to take the usual amount of milk by breast or bottle.
- You may notice fewer wet nappies than usual.
- Your baby/child may vomit after feeding and become irritable.

How can I help my baby?

- If your baby/child is not feeding as normal offer feeds little and often.
- If your baby/child has a fever, you can give him or her paracetamol in the recommended doses. If your child is older than 6 months old you may also give Ibuprofen.
- If your baby/child is already taking medicines or inhalers, you should carry on using these. If you find it difficult to get your baby/child to take them, ask your doctor for advice.
- Bronchiolitis is caused by a virus so antibiotics won't help.
- Make sure your baby/child is not exposed to tobacco smoke. Passive smoking can seriously damage your baby/child's health. It makes breathing problems like bronchiolitis worse.
- Remember smoke remains on your clothes even if you smoke outside.

How long does Bronchiolitis last?

- Most babies/children with Bronchiolitis get better within about two weeks.
- Your baby/child can go back to nursery or day care as soon as he or she is well enough (that is feeding normally and with no difficulty in breathing).
- There is usually no need to see your doctor if your baby/child is recovering well.
- But if you are worried about your baby/child's progress, contact NHS 111 or discuss this with your doctor.