

# BRONCHIOLITIS

## What to do next

### **1 Home** *(Self Care)*

to rest, drink regularly, keep warm. Pain relief to reduce fever.

### **2 General Practice (GP)**

Under 3 months old, fast or difficulty breathing, not wanting to drink, or you are concerned.

### **3 ED** *(Emergency Department)*

blue lips and tongue, difficulty breathing, hard to wake, floppy.



# BRONCHIOLITIS

*Bronchiolitis is a viral infection which affects the airways in young children. It can start as a cold with a runny nose and usually lasts for 7-10 days, although the cough may continue for up to 6 weeks or longer.*

## What to do

- Give your child small feeds more often.
- Keep them warm but not too hot.
- Avoid smoking around your child, in your house or car.
- Use saline drops from your pharmacy to help with congestion and runny noses.
- Use a cool cloth and give paracetamol to reduce fever (check the dosage instructions).
- Give your child as much rest as possible.
- Avoid other children to reduce the illness spreading.

## When to get help:

Call your general practice (GP) if your child is:

- is under 3 months old
- is breathing fast, has noisy breathing and is having to use extra effort to breathe
- is eating and drinking less than usual
- is vomiting
- has not had a wet nappy for 6 hours
- looks pale and unwell, or you are concerned about them.

Ask for an urgent appointment to see a nurse or doctor.

Even if you've seen a doctor, take your child back for checking if their breathing gets worse.

## Go to ED or call 111 if your child:

- has blue lips and tongue
- has severe difficulty breathing
- is becoming very sleepy and not easy to wake
- is very pale and/or floppy
- has periods of irregular breathing or pauses in breathing.

For more information call Healthline on **0800 611 116** or visit [healthnavigator.org.nz](http://healthnavigator.org.nz).