

## Contact your GP (or call 111) again

- If you are unsure and need advice
- If you're feeding your child less than half their usual amount.

## Call 999

- If your child is suffering from very fast or irregular breathing
- If your child is drowsy
- If you feel your child is in immediate danger, for example, if your child turns blue or becomes pale and sweaty.

## Which children need admission to hospital?

Hospitalisation is necessary in about three in 100 babies with bronchiolitis. Usually this is because their breathing or feeding has worsened to the point that they require oxygen and help with feeding in the form of a feeding tube or an intravenous drip.

## How long will it last?

Symptoms are usually worst during day three or four of the illness. In total bronchiolitis lasts about ten to 14 days but an irritating cough may continue for several weeks more.

## Useful contacts:

Your GP surgery on:.....  
(Please insert surgery number here)

GP Out of Hours: (After 6.30pm and before 8am). Ring **111** and you can speak to a doctor. If necessary, your child can be seen at one of their centres.

Bristol City Walk-in Centre at Broadmead Medical Centre located in Boots (Mon-Sat 8am-8pm, Sundays and Bank Holidays 11am-5pm) on: **0117 954 9828**

South Bristol NHS Community Hospital Urgent Care Centre (Every day 8am-8pm) on: **0117 342 9692**  
Visit [www.nhs.uk](http://www.nhs.uk) to find your nearest centre.

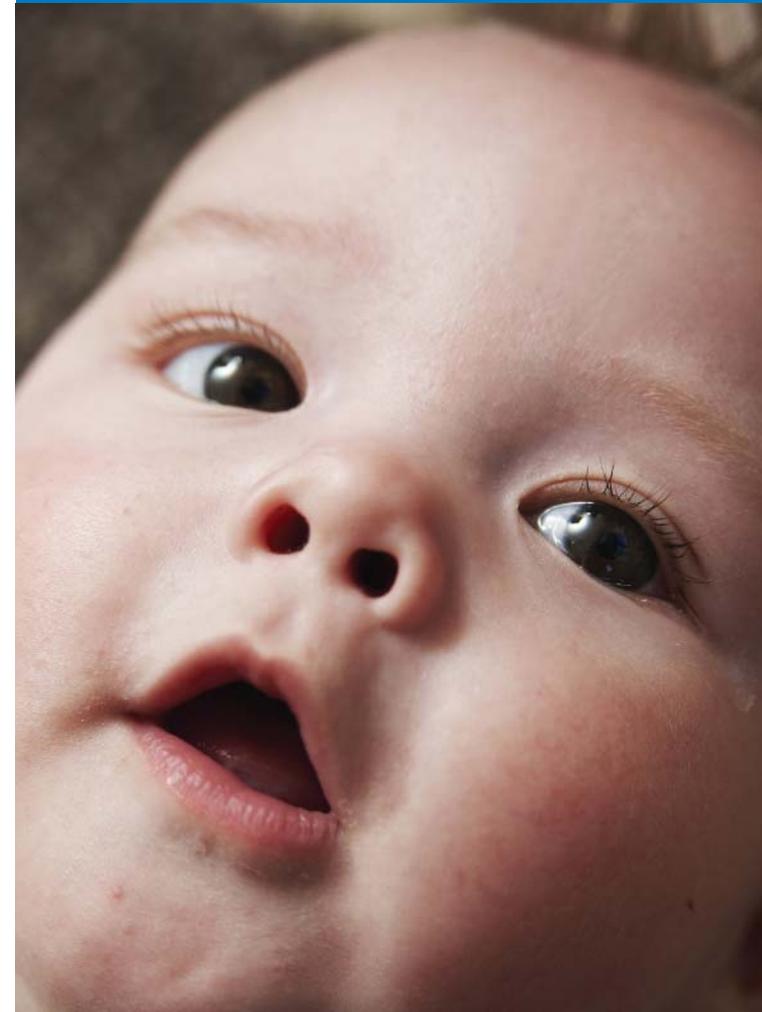
If your child is seriously ill, you may be asked to attend the Children's Hospital emergency department.

For further copies of this leaflet, or if you would like it in other formats or languages, please contact 0117 900 2384.

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# Parent's guide to bronchiolitis



## What is bronchiolitis?

Bronchiolitis is a viral infection affecting the small airways of the lungs and is usually caused by RSV (respiratory syncytial virus).

It usually affects children under the age of one and is most common in those less than six months old during the winter months.

Most children are not seriously unwell and make a complete recovery. However, some children are more severely affected and will need to be referred to hospital by the GP. Children at an increased risk of a more severe illness include those who were born prematurely or those who have other lung or heart conditions.



## What are the symptoms?

Initially	As the illness develops
Runny nose	Fast breathing
Cough	Poor feeding due to breathlessness
Blocked nose	Noisy breathing (wheeze)

### How is it treated?

Medicines such as antibiotics do not usually help with bronchiolitis. If your child is very unwell they may need help with their feeding and breathing.

### Can it spread to others?

The virus is spread by droplets in the air during the first few days of the illness.

This may cause similar symptoms in other young babies or cold symptoms and wheeze in older children and adults.

### Care at home?

- **Do not** smoke around your child as we know this can make the illness worse
- Raising the head of the cot slightly can assist your child's breathing. Do not put anything under the mattress of the cot
- Give your child smaller feeds more frequently to stop their breathing getting tired and to stop them getting dehydrated.