

# Bronchiolitis



Cardinal Pediatrics  
304-599-8000

## Call 911 if your child:

- Struggles to take each breath
- Has blue or white lips or nails
- Is unable to speak or cry
- Cannot be awakened

## Call Cardinal NOW if your child: day 304-599-8000 night 866-776-6486

- Cries uncontrollably for more than an hour
- Is confused, has behavior changes or has had a seizure
- Has a temperature over 104°F at any age
- Is crying without tears
- Has a dry mouth or cracked lips

## What is it?

Bronchiolitis is an infection of the lower lung airway caused by a virus. It usually affects children younger than 2 years – most are 4 to 6 months.

## Symptoms

- Deep harsh cough
- Wheezing and rapid breathing
- Fever and runny nose

## Treatment: Antibiotics do NOT help for this illness caused by a virus

- Severely ill children may need hospitalized to receive oxygen and fluids for a few days.
- Tylenol or ibuprofen may be used to treat fever
- For stuffy nose, use salt water nose drops and bulb suction the mucus

## How to avoid getting sick:

- Avoid exposing your baby to people that have runny noses or coughs
- Try to avoid crowds especially during the winter or spring months
- Ask anyone holding your baby to wash their hands first

## Ways to help your child feel better:

- Offer fluids. Try giving popsicles to older children. Feed your baby more often if not taking as much
- A cool mist humidifier/vaporizer will help to keep mucus loose so your baby can swallow to sneeze it out. If you don't have one, run a hot shower and stand in the bathroom for 20 minutes several times a day. Do NOT put your baby in the hot water.
- Do not let anyone smoke around your child. The smoke can make their breathing and cough worse



**304-599-8000**

**Remember we are only a phone call/text away!**