

# Going home from the Emergency Department: BRONCHIOLITIS

Your child has been diagnosed with Bronchiolitis. This is a **viral infection** that causes the smallest airways in your child's lungs to become swollen. It is common in winter and normally only causes **mild cold symptoms** which **get better on their own**. Some children (especially very **young** ones) can have **difficulty breathing** or feeding and may need to go to hospital.

**We are happy for your child to go home with you today.** Here are some ways you can **help them at home**:

- If they are not feeding normally offer **smaller, more frequent** feeds. If you're **breastfeeding** you should try feeds **on demand**. If your baby is formula-fed we recommend:  
**..... oz/ml every ..... hours (50% minimum ..... oz/ml every ..... hours)**
- You can give them **Paracetamol** or **Ibuprofen** to help with fevers or signs of discomfort (ask your **pharmacist** for the correct medicine for your child's age group).  
**If your child is younger than 3 months and has a fever please take them to a doctor.**
- Continue giving your child any **regular medications** unless advised otherwise
- Make sure your child is **not exposed to tobacco** smoke (it sticks to clothes even if smoked outside). This can **seriously damage your child's health** and make breathing symptoms worse.

Most children get better in around **10-14 days** (though the cough can last weeks). **Days 3 to 5** can be when we see children get **more poorly**. You should continue to monitor them at home. Below are some **signs to check for** and what you should do if your child has them:

<p>If your child has any of the following:</p> <ul style="list-style-type: none"> <li>• <b>Blue lips</b></li> <li>• Is <b>unresponsive</b> or very irritable</li> <li>• Is <b>struggling</b> to breathe e.g. nasal flaring, grunting, sucking in or under the ribs or at the windpipe</li> <li>• Has <b>pauses</b> in breathing or an <b>irregular</b> breathing pattern</li> </ul>		<p><b>You need urgent help</b> Call <b>999</b> OR Go to your nearest <b>A&amp;E</b> immediately</p>
<p>If your child has any of the following:</p> <ul style="list-style-type: none"> <li>• Decreased <b>feeding</b> (less than 50% of normal)</li> <li>• Passing less <b>urine</b> (12 hours since last wet nappy)</li> <li>• Is <b>vomiting</b></li> <li>• Has a temperature above <b>38°C</b></li> <li>• Is having some <b>difficulties</b> breathing</li> <li>• If your child's health gets worse or <b>you are worried</b></li> </ul>		<p><b>You need to see a doctor or nurse TODAY</b> Please call your <b>GP surgery</b> or <b>NHS 111</b> for help</p>
<p>If <b>none of the above</b> signs are present in your child</p>		<p><b>Self care</b> Continue to use the advice above + look after your child at <b>home</b></p>

**MY USEFUL CONTACTS**

 <small>when it's less urgent than 999</small> <b>NHS 111</b>	<p>.....</p> <p>.....</p> <p>.....</p>	 <b>www.nhs.uk</b> <b>NHS Choices Website</b>
	<b>GP Surgery</b>	