

## Bronchiolitis and Your Child

### What is bronchiolitis?

Bronchiolitis is a lung infection caused by a virus. Children younger than two years get this illness in the winter and the early spring. Most children are sick about a week and then get well.

### What are the symptoms of bronchiolitis?

Your child will probably have a runny nose and a low fever for two to three days. Then your child may begin to cough, breathe fast and wheeze for another two or three days. The cough could last for a couple of weeks.

### What can I do for my child?

- Have your child drink plenty of liquids (don't worry about solid foods).
- Use a cool-mist vaporizer in the bedroom while the child is sleeping.
- Run hot water in the shower or bathtub to steam up the bathroom and sit in there with your child if he or she is coughing hard and having trouble breathing.
- Give your child acetaminophen (some brand names: Children's or Infants' Tylenol), if he or she has a fever.

### When should I call the doctor?

You should call your doctor in the following situations:

- Your child is vomiting and can't keep liquids down.
- Your child is breathing very fast, more than 40 breaths in one minute.
- You can see your child's skin pull in between the ribs with each breath or your child has to sit up to be able to breathe.
- Your child has had heart disease or was born prematurely. In this case, call the doctor at the first signs of this illness.

### Will my other children catch bronchiolitis?

Bronchiolitis is spread just like a cold, through close contact with saliva or mucus, but older children usually don't catch this illness.

You can help prevent spreading this disease by keeping your sick child home until the cough is almost gone. Make sure to wash your hands after you take care of your sick child and before you take care of another child.