

# BRONCHIOLITIS

Bronchiolitis is a respiratory illness that affects the lower, small airways in kids under 2 years. It is caused by different viruses, the most common of which is RSV (respiratory syncytial virus). Symptoms include:

- Congestion with runny nose
- Cough
- Fever
- Wheezing (high pitched, whistling sound when breathing out)
- Occasionally difficulty breathing

## Expected Course:

- Fever lasts no more than 3-4 days
- Congestion and cough often last 7-14 days
- Wheezing or difficulty breathing typically peak around day 3-5 of illness, although this may vary

## Contagiousness:

- RSV and other viruses that cause bronchiolitis are transmitted by respiratory droplets. Coughing, sneezing, and touching secretions without hand washing are usual routes of transmission.
- Stay home until temperature is less than 100.4 for 24 hours and your child is breathing comfortably
- Keep your child away from other small infants less than 2 years, especially new babies or young children with asthma

## Home Care:

- Nasal saline drops followed by suction. This should be done frequently with bronchiolitis as copious secretions are often a problem. Suction before each feeding and before bed.
- Hydration with pedialyte, water if over 6 months, or warm liquids and honey if over 1 year
- Smaller feeds more frequently if breastfeeding or formula feeding
- Steamy showers to help thin secretions

## Warning Signs

Difficulty breathing

Flaring nostrils

Visible ribs or indentation of the stomach while breathing

Respiratory rate greater than 50 breaths in 1 minute

Fever more than 4 days

Less than 6 wet diapers in 24 hours

**Call our office immediately if your child exhibits any of the above warning signs.**

### Make an Appointment!

If you think your child may have bronchiolitis, be sure to visit the office. We can help determine whether it is due to RSV. Additionally, it is very important to have the lungs examined and your child's breathing assessed.