

# Caregiver advice for bronchiolitis

Your child has bronchiolitis. This is very common in children under one year old and is caused by a virus. Bronchiolitis can usually be managed safely at home.

## 1. What to expect and how you can help your child

You can expect your child to get a lot better after the first three days, although their cough may linger for several weeks.

Medicines are not helpful for children with bronchiolitis but you can help keep your child comfortable by:

- Keeping your child smoke-free
- Giving them small frequent feeds
- Handling them no more than is necessary
- Washing your hands before and after handling them to prevent the spread of infection

Your doctor or nurse may also advise using saline nose drops to help clear the nose before feeds.

## 2. When you should get urgent advice

You can expect your child to improve so you should get urgent advice from a doctor or nurse if they get worse. Any one of the following may be a sign of the illness getting worse:

- Breathing fast and having to use extra effort to breathe
- Flaring their nostrils to breathe
- Grunting with their breathing
- Taking less than half of their normal feeds
- Looking pale or unwell
- Vomiting
- Has not had a wet nappy for six hours

## 3. Danger signals

*The following are danger signs. Dial 111 or contact a doctor immediately if your child has any of the following:*

- Blue lips or tongue
- Severe breathing difficulties
- Is becoming less responsive
- Is floppy
- Has periods of stopping breathing

**Healthline** is available for free, confidential health advice 24 hours a day.

Healthline nurses do not diagnose over the phone but will assess the situation and provide advice as to the best course of action.

Call 0800 611 116 from either a landline or a mobile phone.

Your child may need a further check up  
Your Doctor or Nurse may want to check your child even if things appear to be going as expected. If you have been advised to have a check up, write the details here:

Check up time and date:

At the following location:

Name of person doing the check up:

Phone number:

For more information visit  
<http://www.kidshealth.org.nz/>