

# Bronchiolitis Advice Sheet – Babies/Children under 2 years

Name of Child..... Age..... Date / Time advice given.....

Further advice / Follow up.....

Name of Professional..... Signature of Professional.....

## How is your child?



**Red**

- Blue lips
- Unresponsive and very irritable
- Finding it difficult to breathe
- Pauses in breathing or irregular breathing pattern

**You need urgent help**  
Please phone 999 or go straight to the nearest Accident and Emergency Dept.



**Amber**

- Decreased feeding
- Passing less urine than normal
- Baby/child's health gets worse or you are worried
- If your baby/child is vomiting
- Your baby/child's temperature is above 39°C

**You need to see or speak to a nurse or doctor today.**  
Please ring your GP surgery or call NHS 111



**Green**

- If none of the above factors are present

**Self Care**  
Using the advice overleaf you can provide the care your child needs at home

## Some useful phone numbers and information



**GP Surgery**

(Make a note of the number here)

**NHS 111**

(Available 24 hours 7 days a week)

Visit **NHS111 Online**

<https://111.nhs.uk/>

Or Dial 111

Shropshire Walk-in Centre  
Located next to A&E at Royal Shrewsbury Hospital  
Open from 8am to 8pm, 7 days a week including bank holidays

For online health condition advice visit: <https://www.nhs.uk/conditions/>

All advice sheets can be found on Shropshire, Telford and Wrekin CCG Website:

<https://www.shropshiretelfordandwrekinccg.nhs.uk/your-health/childrens-health/>

## Bronchiolitis Advice Sheet – Babies/Children under 2 years

### What is Bronchiolitis?

Bronchiolitis is an infectious disease when the tiniest airways in your baby/child's lungs become swollen. This can make it more difficult for your baby/child to breathe. Usually, bronchiolitis is caused by a virus. It is common in winter months and usually only causes mild cold like symptoms. Most babies/children get better on their own. Some babies/children, especially very young ones, can have difficulty with breathing or feeding and may need to go to hospital.

### What are the symptoms?

- Your baby/child may have a runny nose and sometimes a temperature and a cough. After a few days your baby/child's cough may become worse.
- Your baby/child's breathing may be faster than normal and it may become noisy. He or she may need to make more effort to breathe.
- Sometimes, in the very young babies, Bronchiolitis may cause them to have brief pauses in their breathing. If you are concerned see the amber box overleaf.
- As breathing becomes more difficult, your baby may not be able to take the usual amount of milk by breast or bottle.
- You may notice fewer wet nappies than usual.
- Your baby/child may vomit after feeding and become irritable.

### How can I help my baby?

- If your baby/child is not feeding as normal, offer feeds little and often.
- If your baby/child has a fever, you can give him or her paracetamol in the recommended doses. If your child is older than 6 months old you may also give Ibuprofen.
- If your baby/child is already taking medicines or inhalers, you should carry on using these. If you find it difficult to get your baby/child to take them, ask your doctor for advice.
- Bronchiolitis is caused by a virus so antibiotics won't help.
- Make sure your baby/child is not exposed to tobacco smoke. Passive smoking can seriously damage your baby/child's health. It makes breathing problems like bronchiolitis worse.
- Remember smoke remains on your clothes even if you smoke outside.

### How long does Bronchiolitis last?

- Most babies/children with bronchiolitis get better within about two weeks.
- Your baby/child can go back to nursery or day care as soon as he or she is well enough (that is feeding normally and with no difficulty in breathing).
- There is usually no need to see your doctor if your baby/child is recovering well. But if you are worried about your baby/child's progress, contact NHS 111 or discuss this with your doctor.

## Croup Advice Sheet – Babies/Children under 2 years

Name of Child..... Age..... Date / Time advice given.....

Further advice / Follow up.....

Name of Professional..... Signature of Professional.....

### How is your child?



Red

- Blue lips
- Unresponsive and very irritable
- Finding it difficult to breathe with heaving of chest
- Pauses in breathing or irregular breathing patterns

**You need urgent help**  
Please phone 999 or go straight to the nearest Accident and Emergency Dept.



Amber

- Not improving with treatment
- Breathing more noisy
- Breathing more laboured (chest 'indrawing')
- Persisting fevers of over 39 degrees centigrade

**You need to see or speak to a nurse or doctor today.**  
Please ring your GP surgery or call NHS 111



Green

- If none of the above factors are present

**Self Care**  
Using the advice overleaf you can provide the care your child needs at home

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## Croup Advice Sheet – Babies/Children under 2 years

### What is Croup?

Croup is an inflammation of the voice box characterised by a typical dry barking cough and sometimes leading to difficulty in breathing.

The condition most often affects small children. It is usually caused by a virus and occurs in epidemics particularly in the autumn and early spring.

Symptoms start with a mild fever and a runny nose. This progresses to a sore throat and a typical barking cough. Young children have smaller air passages and inflammation in the voice box leads to the gap between the vocal cords being narrowed. This may obstruct breathing, particularly when breathing in (stridor), which often starts in the middle of the night.

Croup develops over a period of one or two days, the severity and time that it persists varies, but often symptoms are worse on the second night of the cough.

Croup is usually caused by a virus and for that reason antibiotics are not normally effective.

### How can I help my child?

- Be calming and reassuring. A small child may become distressed with croup. Crying can make things worse.
- Sit the child upright on your lap if their breathing is noisy or difficult. Let the child find a comfortable position.
- Give the child lots of cool drinks (if they are happy to take them).
- A cool environment such as taking your child outside at night for a brief period may help
- Lower the fever. If a child has a fever (high temperature) their breathing is often faster, and they may be more agitated and appear more ill. To lower a fever:
  - Give paracetamol or ibuprofen.
  - Lightly dress the child if the room is not cold.

### Be aware

Steam used to be commonly advised as a treatment. It was thought that steam may loosen the mucus and make it easier to breathe. However, there is little evidence that this does any good. Also, some children have been scalded by steam whilst being treated for croup. Therefore, steam is not recommended. Also, **DO NOT** make a child with breathing difficulty lie down or drink fluids if they don't want to, as that could make breathing worse.