

PARENT EDUCATION

Bronchiolitis

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Bronchiolitis is a viral illness that affects mostly infants and small children. Symptoms include mild fever, cough, profuse nasal discharge, nasal congestion and wheezing. Bronchiolitis can last for several weeks.

The following will help **decrease the child's symptoms:**

- 1). Vaporizer or cool mist humidifier at bedside. Please make sure that the vaporizer is always clean, change the water frequently and clean it with water and soap at least once daily.
- 2). Normal saline nasal drops and suction before feeding and sleeping.
- 3). Smoke, dust, kerosene heaters or other irritants should be absolutely avoided around the child and in the house.
- 4). Change position of baby from lying on the left side to the right side and vice versa as frequently as possible.
- 5). It helps to elevate the head of the child's bed by placing blocks or books under bed legs, avoid doing this under the mattress since it might flex the child's neck and cause more distress.
- 6). Encourage fluid intake in small frequent amounts.
- 7). General rules for viral respiratory illnesses, including colds and bronchiolitis, are:
 - Good hand washing.
 - Avoid sharing utensils, cups, towels and toys between a sick child and their siblings.
 - Keep your other children from touching the sick child especially touching the mouth, nose and secretions.
 - Teach children to cover their mouth and nose when they cough and sneeze.
- 8). Watch for the following signs and symptoms:
 - Fast breathing.
 - Retractions or pulling in between under the ribs.
 - Change in color of the face, lips or fingers.
 - High fever more than 102° F.

Keep your child's face within viewing distance and check the color of the face regularly especially in the first week of illness. If your child has any signs of respiratory distress call your doctor immediately and do not attempt to feed the child unless you call your doctor first.

- 9). Most studies showed increased risk of recurrent attacks of wheezing and asthmas after RSV bronchiolitis especially with positive family history of asthma and allergies.